



Ponda Education Society's  
Rajaram and Tarabai Bandekar  
College of Pharmacy  
Farmagudi, Ponda-Goa



A Big Salute to  
INDIAN ARMY

CORONA  
WARRIORS

FREEDOM  
FIGHTERS



**PHARMASPARK 2021**

- A Digital Edition

*Management, Staff and students of  
P.E.S's Rajaram and Tarabai Bandekar  
College of Pharmacy  
Farmagudi Ponda-Goa  
With deep sense of gratitude to our benefactors*



*Late Shri. Rajaram Bandekar  
and  
Late Smt. Tarabai Bandekar*

# **OBITUARY**



**SHRI. PRAKASH D. DHARVATKER**

Vice President,  
Ponda Education Society

*May His Soul Rest in Peace*

Management, Staff and Students of  
P.E.S's Rajaram and Tarabai Bandekar  
College of Pharmacy  
Farmagudi, Ponda – Goa



# PHARMACIST'S OATH

I swear by the code of Ethics of Pharmacy Council of India in relation to the community and shall act as an integral part of health care team.

I shall uphold the laws and standards governing my profession.

I shall strive to perfect and enlarge my knowledge to contribute to the advancement of pharmacy and the public health.

I shall follow the system which I consider best for pharmaceutical care and counselling of patients.

I shall endeavour to discover and manufacture drugs of quality to alleviate sufferings of humanity.

I shall hold in confidence the knowledge gained about the patients in connection with my professional practice and never divulge unless compelled to do so by the law.

I shall associate with organizations having their objectives for betterment of the profession of Pharmacy and make contribution to carry out the work of those organizations.

While I continue to keep this Oath inviolated, may it be granted to me to enjoy life and the practice of pharmacy respected by all, at all times!

Should I trespass and violate this oath, may the reverse be my lot!



# THE GOVERNING COUNCIL **PONDA EDUCATION SOCIETY**

**SHRI. RAVI S. NAIK**

President

(MLA and Ex Chief Minister- Goa State)

**SHRI. PRAKASH D. DHARVATKER**

Vice-president

**SHRI. RITESH RAVI NAIK**

Secretary

**SHRI. R.G. DESSAI**

Treasurer

**SHRI. MAHESH NAGARSEKAR**

Executive Member

**SHRI. KISHOR K. NAIK**

Executive Member

**SHRI. DATTA NAIK**

Executive Member

**MRS. URMILA LOTLIKAR**

Executive Member

**SHRI SALIM KAZI**

Executive Member

**SHRI. MANDAR SHIRODKAR**

Executive Member

# *From the President's Desk*



Be the servant while leading. Be unselfish. Have infinite patience, and success is yours." — Swami Vivekananda

An untiring commitment to outstanding education and research in pharmaceutical sciences has defined the P.E.S.'s Rajaram and Tarabai Bandekar College of Pharmacy since its inception in 2007, making it one of the premier Pharmacy Institutions in Western India. We now move into our second decade of educating pharmacists and pharmaceutical scientists who possess the necessary knowledge, skills, and attitude to become leaders in pharmacy and pharmacy-related practice, research, and education.

It is a matter of great pride for me to pen down the message for the annual college magazine 'PharmaSpark 2020-2021'. Our Institution always strives for excellence in imparting education to the students. Our students have once again brought laurels to the college by their excellent performance in GPAT, academics as well as co-curricular and extra-curricular activities. Participation in college and intercollegiate events give our students an edge over their competitors and shape their personalities. This year we are exhibiting our positivity and resilience through this electronic platform.

I am extremely proud of the progress and dedication our students have shown throughout this post covid-19 period. The college magazine is a medium for the students to express their creativity and originality. The magazine content reflects the wonderful creative and artistic work of our students.

I extend my best wishes to the Principal, faculty, non-teaching staff, and students in their pursuit of excellence. We are grateful to all our sponsors and well-wishers for their support.

Happy reading.....

**Shri Ravi S. Naik** MLA  
(Ex. Chief Minister Goa State)  
President  
Ponda Education Society

# *From the Principal's Desk*



**Dream, dream, dream. Dreams transform into thoughts and thoughts result in action. – Dr. A.P.J. Abdul Kalam.**

Rajaram and Tarabai Bandekar College of Pharmacy under the patronage of Ponda Education Society since its inception in 2007 is involved in imparting quality education and spreading the knowledge of medicines, health and well-being to the students from different sections of society. We have embarked on a remarkable journey to transform ourselves from a recognized degree college to one of true distinction. It was one more glorious year for all of us at Ponda Education Society's Rajaram and Tarabai Bandekar College of Pharmacy. My sincere thanks to Shri. Ravi S. Naik Sir and all the members of the management of Ponda Education Society, colleagues (both teaching and non-teaching), students and their parents for extending timely help and support. Many of our students have qualified GPAT 2021, an aptitude exam of national repute with good percentile. Our students usually secure their positions for higher education. The year 2020-2021 was all round performance by our students winning several medals and trophies in sports and cultural activities.

Our college under the Ponda Education Society has flourished in all aspects in a short period of time and PharmaSpark 2021 is a show piece of talents of our students in the literary department. I would also extend my warm regards and gratitude to magazine committee, editorial board for their meticulous planning and designing of this magazine.

Happy Reading.....

**Dr. S.N.Mamledesai**  
Principal

# *Editorial Committee*



## **MAGAZINE COMMITTEE**

Mr. Sandesh N. Somnache

Ms. Arti Pednekar

Dr. Nilambari Gurav

Mrs. Sarika Kerkar

Mrs. Prayangi V. Matonkar

## **MAGAZINE SECRETARY**

Miss. Danielle Remetina Teresa D Costa

**Assistant Magazine Secretary:**

Miss. Simren Maryanne Valeny Fernandes

## **CLASS REPRESENTATIVE**

*First Year B.Pharm* – Miss. Akanksha Dhawaliker

*Second year B.Pharm* – Miss. Simren Maryanne Valeny Fernandes.

*Third Year B.Pharm* – Miss. Ishika Kurade

*Final Year B.Pharm* – Mast. Rudresh Dessai

*M.Pharm Pharmaceutical Chemistry (First Year)* – Miss. Vanessa Gracias

*M.Pharm Pharmaceutics (First year)* – Miss. Shefali Phadte

*M.Pharm Pharmaceutical chemistry (second year)* – Miss. Vidhi Bhanushali

*M.Pharm Pharmaceutics (second year)* – Miss. Marfa Sheikh



# *Magazine Secretary's Report*

Dear Readers,

Despite difficulties always keep optimism. 'We can overcome these.' That mental attitude itself will bring inner strength and self confidence. Keeping this in mind I started my journey as a magazine secretary for the academic year 2020-21. There were a couple of hours where I was within a whisper of a very dark place, that was the time of the COVID-19 Pandemic that hit the country and affected mankind. It is said chaos is a part of evolution. In nature when a system breaks and a new one is not yet formed, chaos is imminent. In fact, chaos is a sign of life. It is dynamic and unpredictable. So that chaos inspired me to welcome challenges and face any impediment that comes my way. All these things motivated me to take up the responsibility of '*Pharmaspark 2021*'.

Pharmaspark is a medium to channelize the creativity and talents of our students. It also showcases the achievements of our students in the curricular and extra curricular activities. This magazine gives us a glimpse of happy moments, cherished memories, events and programs put forth through words and pictures. It summarizes the journey of the staff and students throughout the year in a systematic and creative manner. This year has been a year filled with ups and downs. Which also includes the outbreak of corona virus pandemic which is an ongoing global pandemic of Corona virus Disease 2019, which had a major impact on the lives of people.



Owing to this global disaster we had to shift to the new system of online education. This was a major change in the education system – But I on behalf of all the students of Rajaram and Tarabai Bandekar College of Pharmacy, owe a big salute to our entire management, teaching and non teaching staff for making this year too a very fruitful and memorable one by providing us with resources and facilities in these difficult times too. Overcoming the difficult situation in everyone's life I would like to present before you 'Pharmaspark 2021' – a salute to COVID worriers.

It was truly an amazing experience being the magazine secretary for the academic year 2020-21. I learnt a lot throughout the process. Off course there were moments where I did falter but with the constant motivation and valuable guidance from my teachers I was able to overcome all the challenges with great zeal and enthusiasm .

'Pharmaspark 2021' would have been impossible without the constant support from my people. First and foremost I would like to thank my heart felt gratitude towards our beloved Chairman Shri. Ravi .S. Naik Sir (MLA- Ponda constituency, Ex- Chief Minister of Goa state) for his constant support and motivation. I would also like to extend my special thanks to the other management members too.

My sincere gratitude to our respected Principal Dr. S.N. Mamle Desai Sir for his constant guidance through out my entire journey. A big thank you to all the committee members, Mr. Sandesh Somnache Sir, Ms. Arti Pednekar Ma'am , Mrs. Sarika Kerkar ma'am and Dr. Nilambari Gurav Ma'am without whose support this magazine would not have been possible. They taught me to aim high, work hard, dream big and don't forget to believe in yourself. Thanks to the team for all the motivational support. . Thanks to all my friends, classmates and entire family of PES's Rajaram and Tarabai Bandekar College of Pharmacy for their constant support.

I would like to end with this beautiful note "If you can dream of it, you can definitely do it" implying that no matter what we all should never give up on our dreams and aspirations. We must continue to strive to turn those dreams into reality and achieve all our goals.

***-Miss. Danielle D Costa***

***Magazine Secretary 2020-2021***

# *General Secretary's Report*

Greeting Readers..

“Everybody goes through difficult times, but it is those who push through those difficult times who will eventually become successful in life. Don't give up, because this too shall pass.”— **Jeanette Coron.**

The year 2020 globally witnessed a novel Corona Virus Pandemic which made us go through difficult times to even survive in this world. When we were school going kids we always heard about survival of the fittest, imposing that theory in our day to day life we could slowly overcome the disaster that the world went through.

Mary Kay Ash has rightly said “Don't limit yourself, many people limit themselves to what they think they can do you can go as far as your mind lets you

What you believe remember you can achieve” and that was my inspiration to take up the responsibility of General Secretary of PES's Rajaram And Tarabai Bandekar College Of Pharmacy for the academic year 2020-2021. You can have anything you want if you are willing to give up the belief that you can't have it.

This year has been an eventful and memorable virtual journey as due to pandemic everyone was virtually connected to each other. The meets were all virtual through the Google Meet platform which we have used in our academics to build up the network. Similarly events for the year 2020-2021 were all virtually arranged.



The pandemic situation made us distinguish between webcast and webinar.

Pre-covid times we always had the concept of webcast which included the physical presence of audience and in this difficult times of pandemic we had to replace webcast with webinar which is attended exclusively by online audience.

So it was indeed my privilege to be a part of these webinars arranged by our college. The webinars includes 1) “Community Pharmacist: The backbone of Patient-Care system” , 2) “Caring Pharmacist” , and several more.

It is rightly said that Goa is a land of Scenic beauty so it's indeed our responsibility to preserve the lush green beauty of our state. Keeping this in mind our college in collaboration with Forest Department arranged Vanmohatsav on 16<sup>th</sup> June 2021

Creations 2021-A Virtual Journey was held from 20<sup>th</sup> June to 30<sup>th</sup> June 2021.

It was a video making competition where in the students had to depict their college journey. The winners and participants were given e-certificates of the same.

Several other competitions such as e-Essay, e-Poster, e-Article were also conducted. Step up Challenge was conducted for about 10 days wherein the participants had to walk for about 10,000 steps per day.

I would like to end on the note that when opportunity knocks, don't let fear hold you back, open the door and embrace the opportunity that has come forth. I would like to thank everyone for giving me the opportunity to be the General Secretary of the college.

Thankyou all once again!!!!

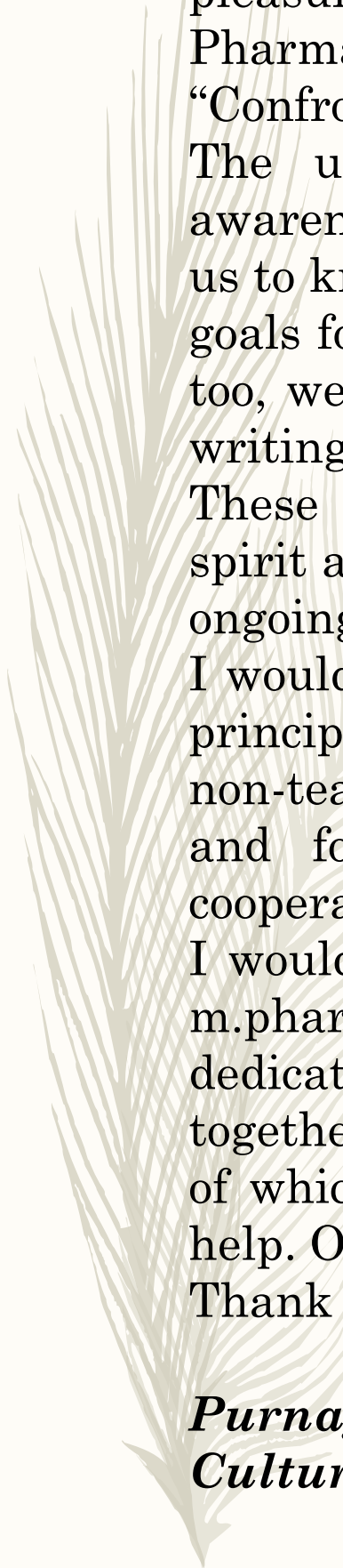
***-Miss Sweta Prabhu  
General Secretary 2020-2021***

# *Cultural Secretary's Report*

It is rightly said that if you realize your responsibility, you'll realize your destiny. Taking this quote into consideration, I have taken up the duties of cultural secretary for the year 2021. I was excited to take up this responsibility in the student council, but the covid-19 pandemic emerged up, affecting the lives of millions of people all over the world, but it is rightly said that "hurdles are a part of a race, only the one's with the strongest wills survive. This quote ignited my mind, though we couldn't conduct anything in physical mode. But due to the excellent infrastructure of our college we could organize some events in the virtual mode. meeting our friends through google meet and google classroom was an amazing concept which led us to the beautiful destination of our virtual world.

first success of this virtual journey was the Creations 2021, which was held from 20<sup>th</sup> June 2021 to 30<sup>th</sup> June 2021. Video making competition was held as a part of this event, as our beloved friends missed their college life due to the covid-19 pandemic. The theme of this event was itself college life which helped us to recreate our memories. It truly showed us our wonderful journey in the beautiful campus of P.E.S's Rajaram and Tarabai college of pharmacy.





Various webinars were held in our college through virtual means via google meet. It was indeed my pleasure to be a part of those. “Community Pharmacists: The Backbone of Patient-care system”, “Confronting Realities of Community Pharmacies: The unspoken truths and way ahead”, “Covid awareness” to name a few. These webinars helped us to know more about our own profession and to set goals for our own future. In this pandemic situation too, we had a lot of e- competitions such as e-essay writing, e-article writing, e-poster and e-quizzes. These competitions led us to keep our competitive spirit alive, which we felt like we had lost due to the ongoing pandemic.

I would like to thank the management, our beloved principal, Dr. S.N Mamledesai, the teaching staff, non-teaching staff for accepting and believing in me and for the whole hearted support, help and cooperation.

I would also like to thank my fellow b.pharm and m.pharm friends for believing in me and my dedication towards the cultural events. We did it together, we stuck together, we got through stuff, all of which wouldn't have been possible without your help. Our hard work and efforts truly paid off.

Thank you all !

***Purnay Naik***

***Cultural Secretary 2020-2021***

# ***Sports Secretary's Report***

Hello friends!

I would like to start with a wonderful quote which says “The nicest thing about teamwork is that you always have others on your side.” This quote reminds me about my fellow teammates who had supported me during the pandemic time. I was elected as the Sports Secretary of PES'S Rajaram and Tarabai Bandekar College of Pharmacy for the year 2020-2021.

This year because of the pandemic we were not able to participate in any Inter- College event and neither we were able to organise our annual inter class event in the college.

With the help of our sports sir Mr. Swapnil Bhaip we organised “STEP UP INTO CHALLENGE” for the students of my college to which the students showed great enthusiasm.

I was a challenging year for me because of the pandemic but I would like to thank everyone who helped me during the year. I would like to thank our Principal Dr. S. N. Mamle Desai and Mr. Swapnil Bhaip for their constant support.

***Mast. Anish Sawaikar  
Sports Secretary 2020-2021***



# RANK HOLDERS

## 2019-20

### 1<sup>st</sup> Year B.PHARM



*Miss. Simren Fernandes*  
*First Rank*



*Miss. Drasti S. Patel*  
*Second Rank*

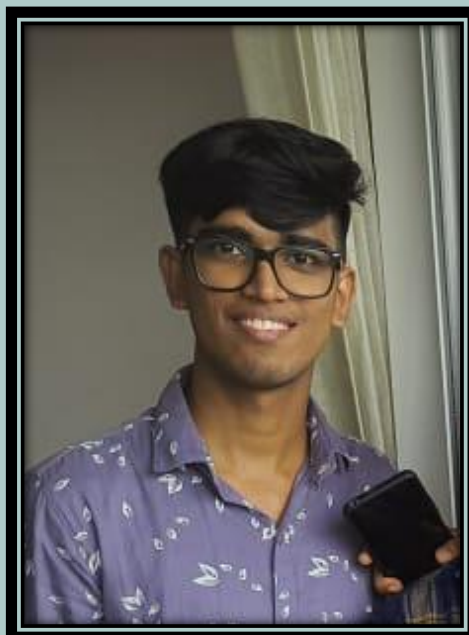


*Miss. Melita Periera*  
*Third Rank*

### 2<sup>nd</sup> Year B.Pharm



*Miss. Rakshanda R. Sawant*  
*First Rank*



*Mast. Suresh P. Mandora*  
*Second Rank*



*Miss. Urja S. Nadkarni*  
*Third Rank*



## *3<sup>rd</sup> Year B.PHARM*



**Miss. Vaishnavi V. Kapdi**  
*First Rank*



**Miss. Alanis Jo Almeida**  
*Second Rank*



**Miss. Dipti D. Karpe**  
*Second Rank*



**Miss. Srushti M. Choughule**  
*Third Rank*

## *4<sup>th</sup> Year B. PHARM*



**Miss. Sahili Sadanand**  
*First Rank*



**Miss. Padmashree U.  
Pednekar**  
*Second Rank*



**Miss. Aneka D. Shenvi  
Sangarka**  
*Third rank*

# *First Year (Pharmaceutical Chemistry)*



**Miss. Nikita N. Porob**  
*First Rank*



**Miss. Shilpa S. Tawade**  
*Second Rank*



**Amanda A. Menezes**  
*Third Rank*

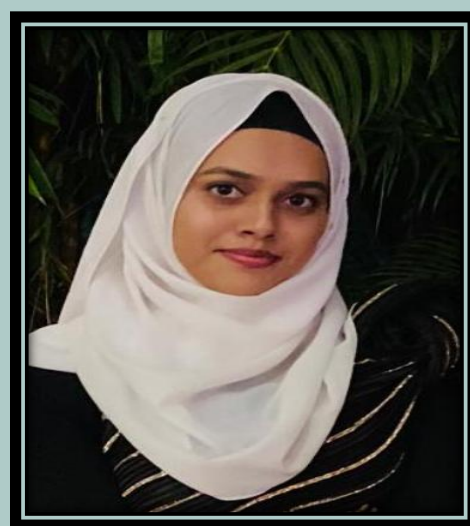
## *First Year (Pharmaceutics)*



**Miss. Ankita A. Poy  
Raiturcar**  
*First Rank*



**Miss. Swezel Periera**  
*Second Rank*



**Miss. Marfa Sheikh**  
*Second Rank*



**Miss. Hashweta R. Gawade**  
*Third Rank*

## Second Year (Pharmaceutical Chemistry)



**Miss. Prachita P. Gauns  
Dessai**  
*First Rank*

**Miss. Shivani S. Prabhu  
Dessai**  
*Second Year*

**Miss. Salina Fernandes**  
*Third Rank*

## Second Year (Pharmaceutics)



**Miss. Aishwarya C.  
Parvatkar**  
*First Rank*

**Miss. Ankita Bhangui**  
*Second Rank*

**Mast. Vivek J. Naik**  
*Third Rank*

# ***GPAT QUALIFIERS***



**MISS. VAISHNAVI V. KAPDI,  
GPAT Rank :- 241: NTA score  
(percentile) – 99.4725**



**MISS. VAIDEHI NABAR  
GPAT Rank :- 1404: NTA score  
(percentile) – 96.916546**



**MISS. KARISHMA PALKAR  
GPAT Rank : 9620  
NTA score (percentile) -  
78.8611990**



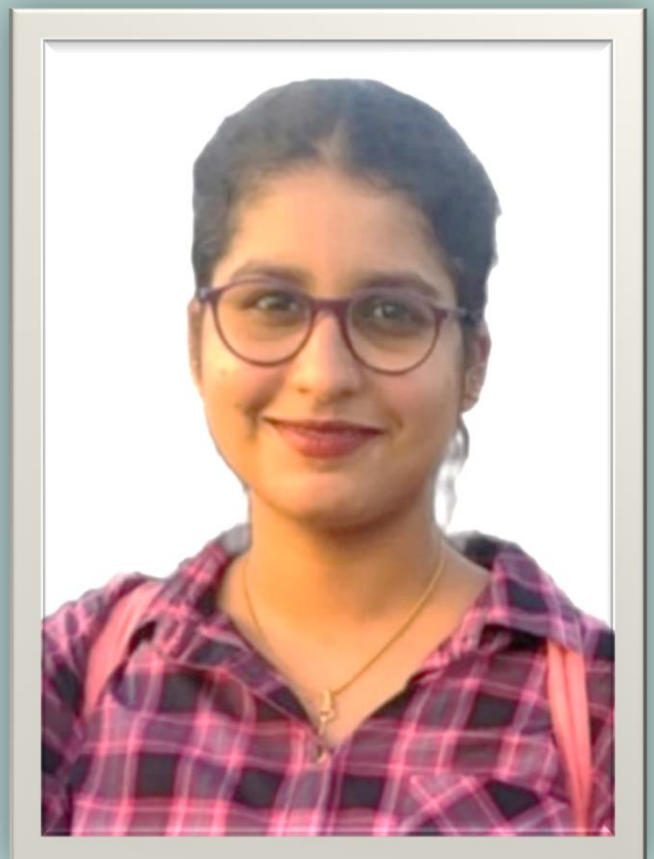
**MISS. LARISSA GOMES  
GPAT Rank :- 13104  
NTA score (percentile) –  
71.2047293**

*A Shining Example of Our 14 years of  
Excellence In Education*

# **NIPER 2021 ENTRANCE EXAMINATION QUALIFIERS**



***NIPER AIR – 12:  
MISS. VAISHNAVI  
V. KAPDI***



***NIPER AIR – 765 :  
MISS. VAIDEHI  
NABAR***

# *Gold Medalist*



*GOA UNIVERSITY GOLD MEDALIST*

*FINAL YEAR B.PHARM*

**MS. VAISHNAVI V. KAPDI**

**88.09%**



STAFF

ACHIEVEMENTS

# ***Award of Doctor of Philosophy***



**Dr. Suwarna Suresh Bobde**  
*Assistant Professor*  
*Department of Pharmaceutics*

Title: ***Studies on Design, Development and Evaluation of  
Mouth Dissolving Film of Antiemetic Drug***

University: R K University, Rajkot, Gujarat

Name of the Guide: *Dr. Hemraj. M. Tank*, Principal, Atmiya  
Institute of Pharmacy, Rajkot, Gujarat 360005

Degree Awarded: November 2020



# ***Award of Doctor of Philosophy***



**Dr. Leena Sawaikar**  
*Assistant Professor*

*Department of Pharmaceutical Chemistry*

***Title: Development and validation of stability indicating HPLC method for the estimation of some combination of antidiabetic and antihypertensive drugs in their dosage form***

***University: R K University***

***Name of the Guide: Dr. Pankaj Kapupara***

***Degree Awarded: November 2020***



# ***Award of Doctor of Philosophy***



**Dr. Pearl Dighe**

*Assistant Professor*

*Department of Pharmaceutics*

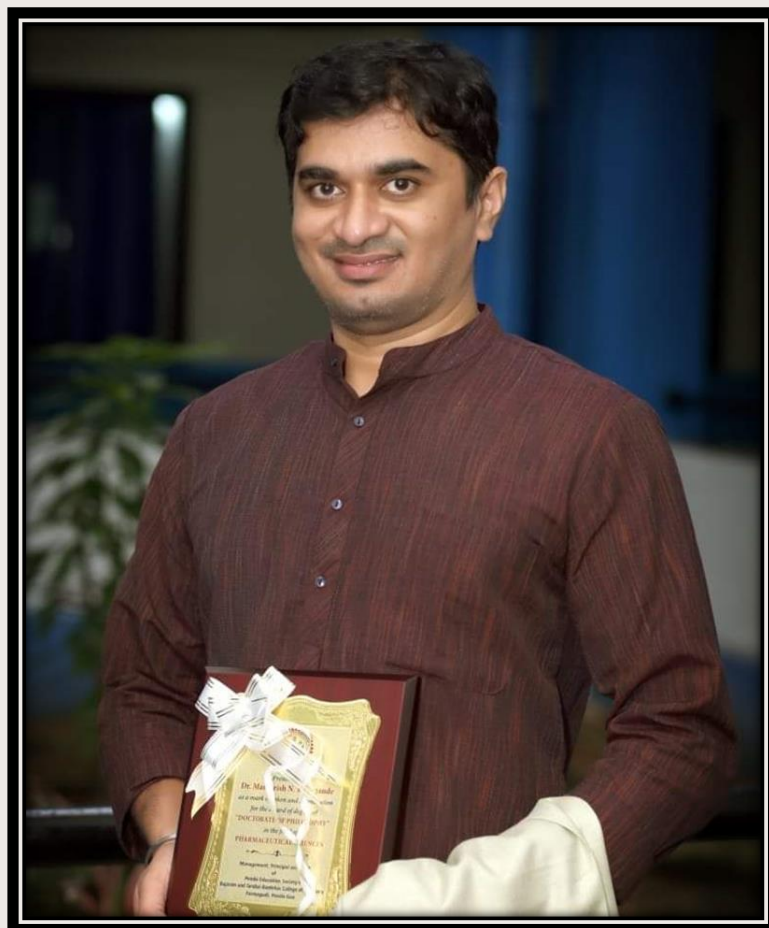
**Title: *Design And Evaluation of Bilayer Tablets of Fixed Dose Combinations for Management of Hypertension***

University: R K University

Name of the Guide: *Dr. Hemraj Tank*

Degree Awarded: November 2020

# ***Award of Doctor of Philosophy***



**Dr. Mangirish Deshpande**  
*Assistant Professor*  
*Department of Pharmacology*

Title of research work: ***Phytopharmacological Investigation of  
Phyllanthus Urinaria and Adiantum lunulatum in Peptic  
ulcer disease***

University: R K University

Name of the Guide: *Dr. Neelam Balekar*

Degree Awarded: December 2020

# ***Award of Doctor of Philosophy***



**Dr. Swati Keny**

*Assistant Professor*

*Department of Pharmaceutics*

Title: *Formulation and development of ocuserts for  
quinolone antibiotics with corticosteroids*

University: R K University

Name of the Guide: *Dr. Ketan Shah*

Degree Awarded: January 2021

## ***Indian Patent***



**Dr. Shilpa Bhilegaonkar**  
*Assistant Professor*  
*Department of Pharmaceutics*



- Pharmaceutical coating material and preparation method thereof
- Cefixime liquid preparation and method thereof



## **VISION**

To be a premier institution imparting quality education in the field of Pharmacy.

## **MISSION**

1. To create an environment that will produce competent pharmacy professionals, catering to the needs of the academia, research, regulators, industry and society.
2. To enhance creativity and innovation in pharmacy education through advanced technical updates that propel the students towards professional excellence.
3. To inspire and sustain the students to be sensitive towards social needs and contribute to the wellbeing of society.

## **PROGRAM EDUCATIONAL OBJECTIVES (PEOS)**

Upon completion of the program, the students will be:

PEO1: Competent and proficient in all aspects of drug manufacturing and its usage, including practical knowledge towards fulfillment of their career goals.

PEO2: Professionals with adequate pharmacy skills and will make a valuable contribution towards pharmacy practice, research and innovations.

PEO3: Able to serve the community and society with high standards of professional ethics and in the best interest of patients and the community.



We

The Management, Principal, staff and students of

**P.E.S's**

**Rajaram and Tarabai Bandekar  
College of Pharmacy, Farmagudi- Goa**

*Would like to thank*



VERNA – GOA

*For their contribution in the field of  
Pharmacy by upgrading our laboratory  
with an High Performance Liquid  
Chromatography Machine*

# *Students Council*



**General Secretary:** *Miss. Sweta Prabhu*

**Cultural Secretary:** *Mast. Purnay Naik*

**Sports Secretary:** *Mast. Anish Mohan Sawaikar*

**Magazine secretary:** *Miss. Danielle Remetina Teresa D Costa*

**Ladies Representative:** *Miss. Rohishma Naik*

**Class representatives:**

**First Year B.Bharm:** *Miss. Akanksha Dhawaliker*

**Second Year B.Pharm:** *Miss. Simren Maryanne Valeny Fernandes*

**Third Year B.Pharm:** *Miss. Ishika Kurade*

**Final Year B.Pharm:** *Mast. Rudresh Dessai*

**M.Pharm Pharmaceutical Chemistry (First Year):**

*Miss. Vanessa Gracias*

**M.Pharm Pharmaceutics (First year):** *Miss. Shefali Phadte*

**M.Pharm Pharmaceutical Chemistry (Second year):**

*Miss. Vidhi Bhanushali*

**M.Pharm Pharmaceutics(Second year):** *Miss. Marfa Sheikh*





# **Ponda Education Society's Rajaram and Tarabai Bandekar College of Pharmacy**

Farmagudi, Ponda, Goa 403401

*(Approved by Pharmacy Council of India, New Delhi, AICTE, New Delhi, Directorate of Technical Education, Goa,  
and Affiliated to Goa University)*

## **Department of Pharmaceutical Chemistry**

## **Department of Pharmaceutics**

Dr. S.N. Mamle Desai	Professor and Principal
Dr. Celina Nazareth	Associate Professor
Dr. Leena A. Sawaikar	Assistant Professor
Ms. Soniya V. Phadte	Assistant Professor
Ms. Saumya Vernekar	Assistant Professor
Ms. Chaitali Tendulkar	Assistant Professor
Ms. Ashwini Jadhav	Assistant Professor

Prof. A. M. Godbole	Professor and HOD
Dr. Shilpa P. Bhilegaonkar	Assistant Professor
Dr. Suwarna S. Bobde	Assistant Professor
Dr. Swati M. Keny	Assistant Professor
Mr. Pankaj S. Gajare	Assistant Professor
Dr. Pearl K. Dighe	Assistant Professor
Mr. Sandesh N. Somnache	Assistant Professor
Ms. Arti Pednekar	Assistant Professor
Ms. Kamakshi Kunkolienkar	Assistant Professor

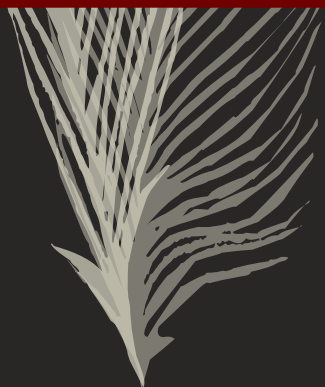
## **Department of Pharmacology**

Dr. Mangirish Deshpande	Assistant Professor
Mr. Bheemanagauda Biradar	Assistant Professor

## **Department of Pharmacognosy**

Dr. Nilambari Gurav	Assistant Professor
Ms. Gauri Pai Angle	Assistant Professor

Ms. Prayangi Matonkar	Librarian
Ms. Sarika Kerkar	I.T. Officer



## OFFICE

Mrs. Mayura Dharvatker	Accountant
Mrs. Darshana Naik	LDC
Mrs. Nikita Naik	LDC
Mrs. Brigita R. Priolkar	Storekeeper

## LABORATORY/LIBRARY

Ms. Sangeeta Gaonkar	Lab Technician
Mrs. Vaishali Fadate Gaonkar	Lab Technician
Mrs. Ujwal Patkar	Lab Technician
Mrs. Kirti Shirodkar	Lab Technician
Ms. Ameya Naik	Lab Technician
Ms. Atita Khandeparkar	Lab Technician
Mrs. Gayatri Naroji	Lab Attendant

## MENIAL STAFF

Mr. Ram Naik	Mr. Santosh Naik
Mr. Deepak Naik	Mr. Sandeep Naik
Mrs. Divya Gaude	Mr. Gokuldas Gaonkar
Mrs. Amita Priolkar	Mr. Sandesh Ramnathkar
Mrs. Siya Gaude	Mrs. Preeti Naik
Mrs. Disha Naik	Mrs. Sunanada Patil
Mr. Sunil Marganache	Mr. Keshav Satarkar Gardner
Mr. Devendra Naik	Mr. Maruti Manik
Mr. Prakash Kurtikar	Mr. Suryakant Gawde
Mr. Siddesh Tari	Mr. Ulhas Naik

# Pharmaspark 2021



-By Samanta Mandrekar  
Second Year B.Pharm

# Pharmaspark 2021



-By Aloysia Treslyn Cardoso

# Pharmaspark 2021



-By Ajmida Carvalho  
Third Year B.Pharm

# Pharmaspark 2021



- By Aquila Menezes  
Second Year B. Pharm

# Pharmaspark 2021



-By Tanvi Kothawale

First Year M.Pharm (Pharmaceutics)

# Pharmaspark 2021



-By Nitikesh Bandekar  
First Year B.Pharm





-By Vruddhi Parab  
First Year B.Pharm

# Pharmaspark 2021



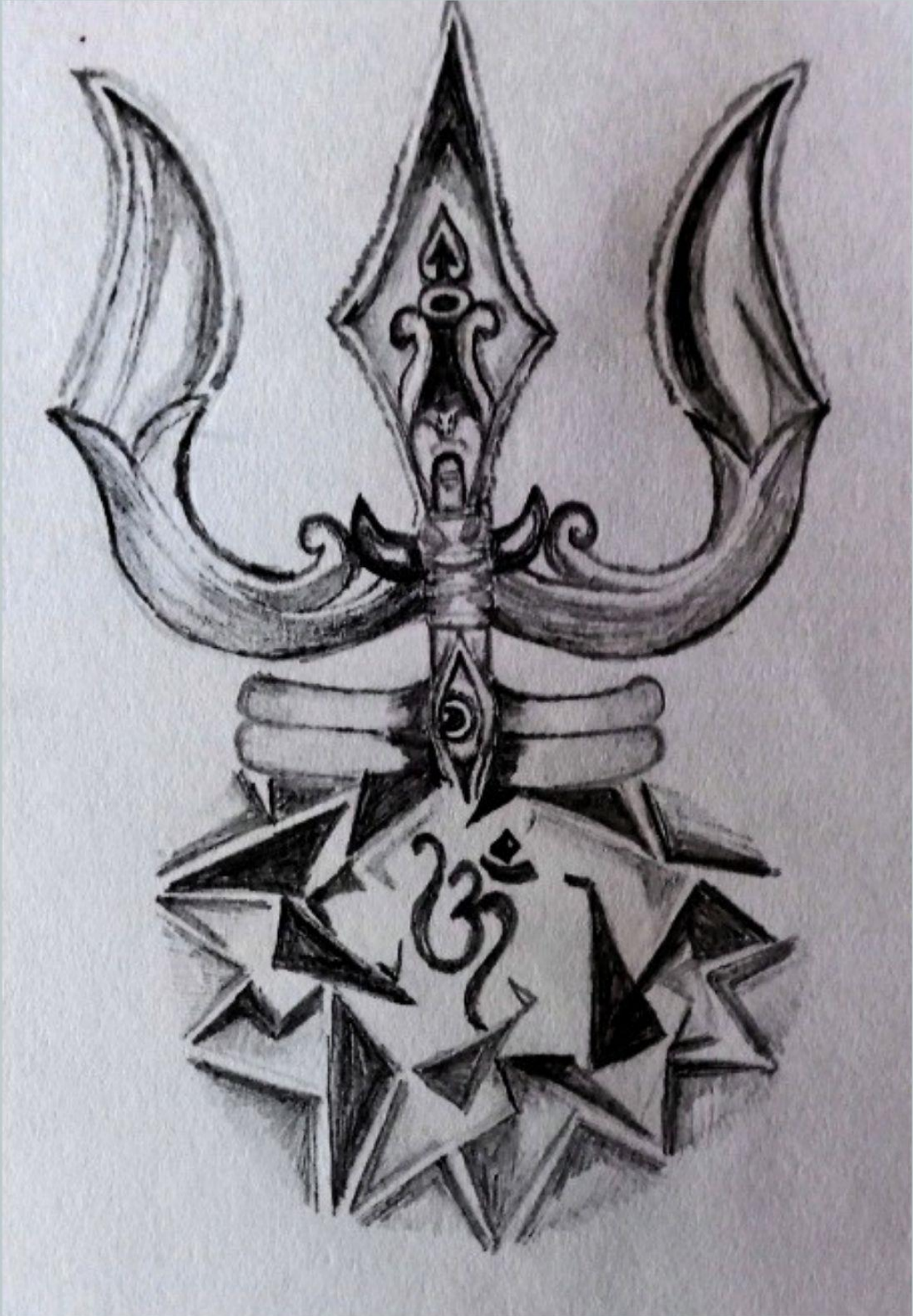
- By Priyanshu Kumar  
Second Year B.Pharm

# Pharmaspark 2021



- By Diandra Souza  
First Year B.Pharm

# Pharmaspark 2021



-By Mayuri Naik  
Second Year B.Pharm

# Pharmaspark 2021



-By Drasti Patel  
Second year B.Pharm

# Pharmaspark 2021



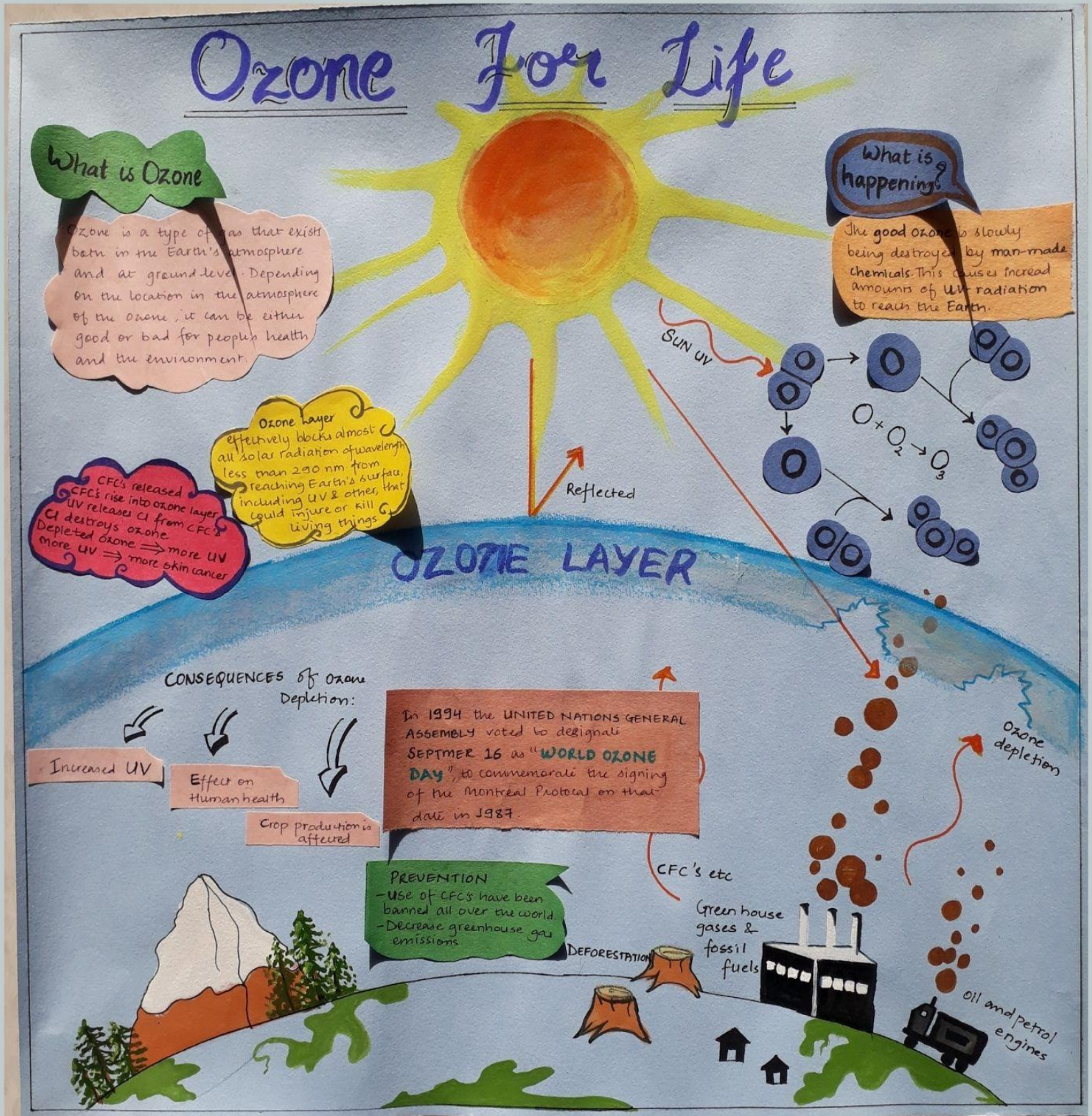
-By Vruddhi Parab  
First Year B.Pharm

# Pharmaspark 2021



-By Samanta Mandrekar  
Second Year B.Pharm

# Pharmaspark 2021



-By Drasti Patel  
Second year B.Pharm



# Pharmaspark 2021



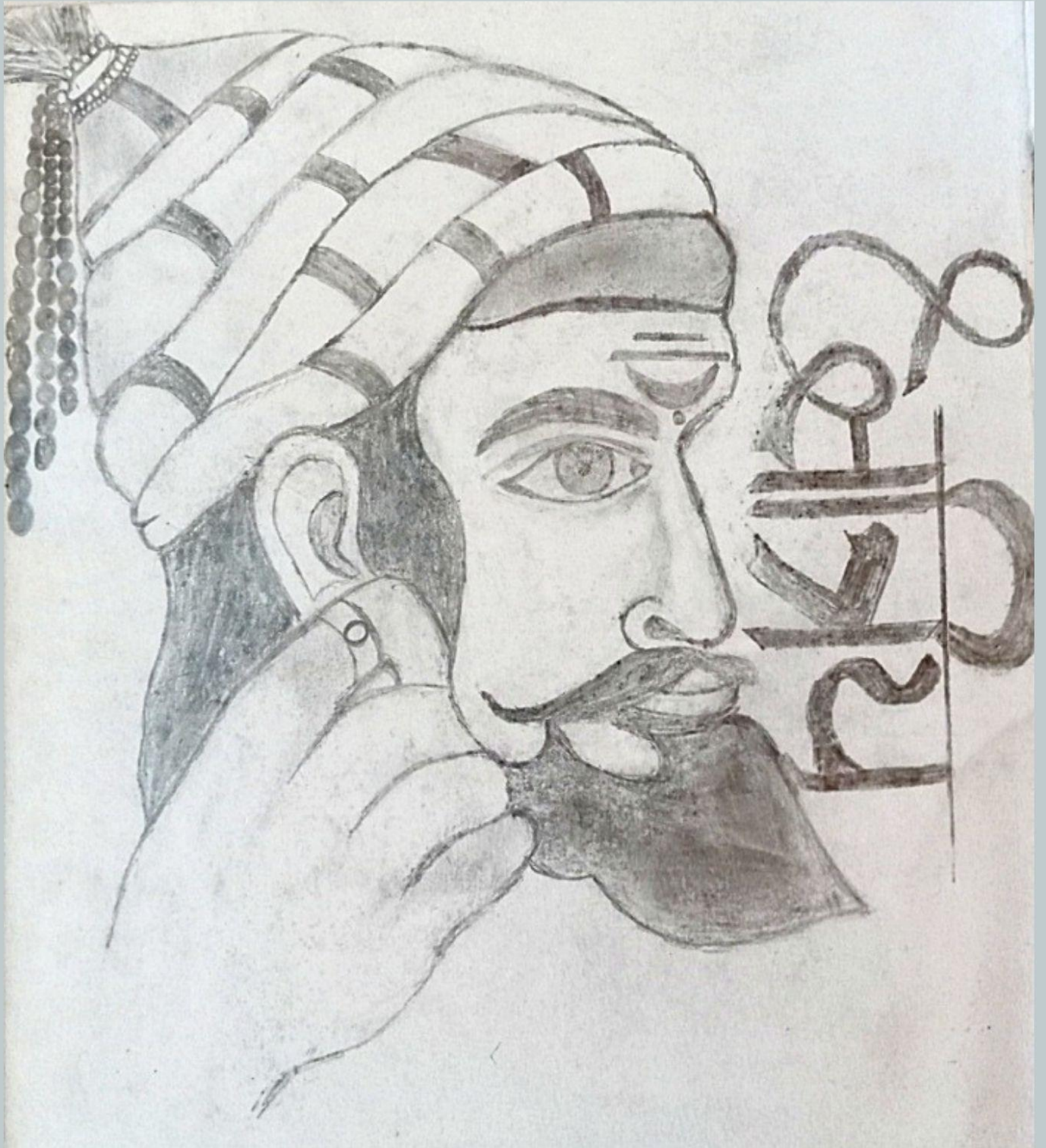
-By Smita Singh  
Second Year B.pharm

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- By Priyanshu Kumar  
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-By Mayuri Naik  
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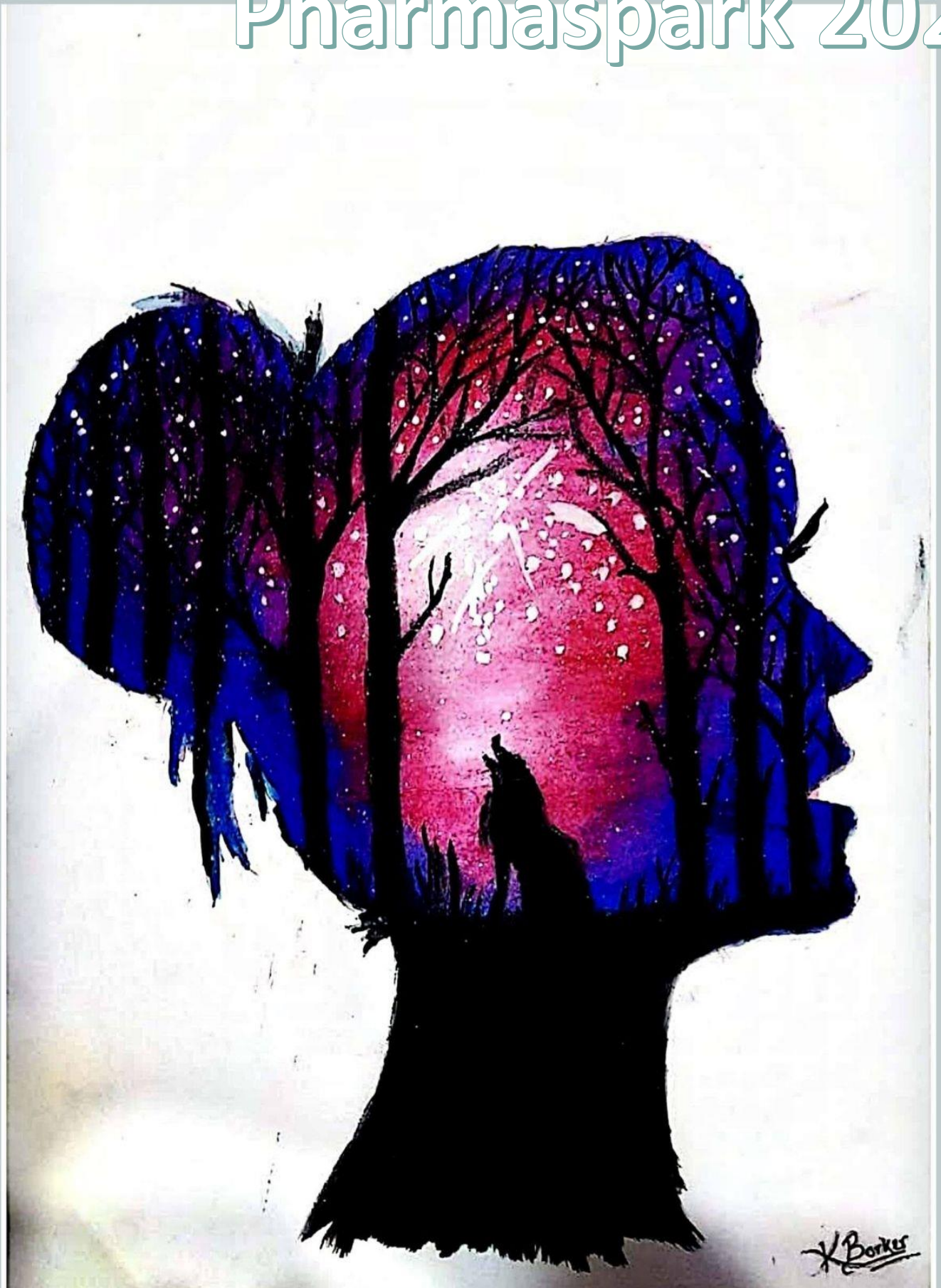
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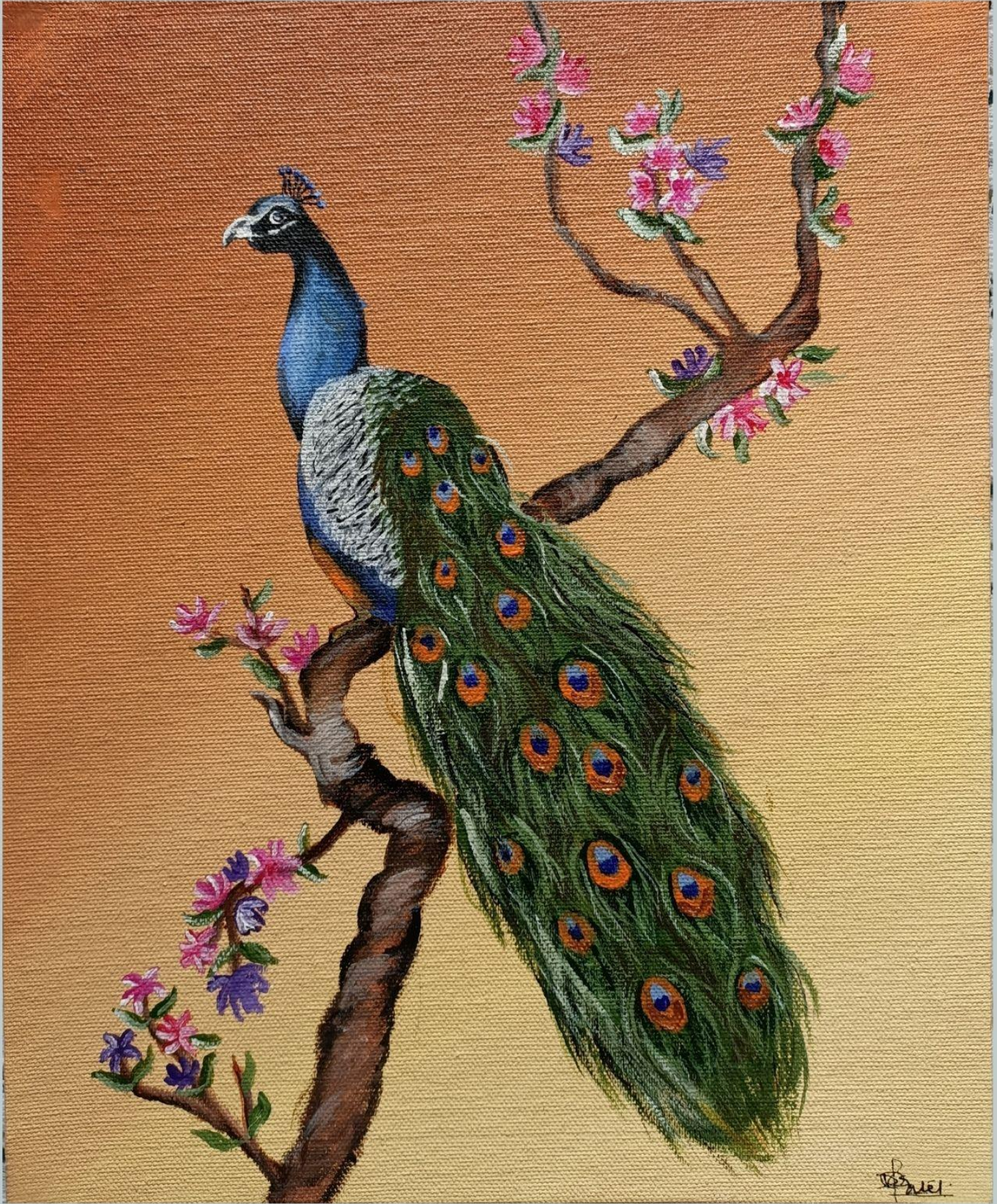
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Shreya Ramchandra Patlekar  
M.Pharm Pharmaceutics First year

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-By Drasti Patel  
Second year B.Pharm



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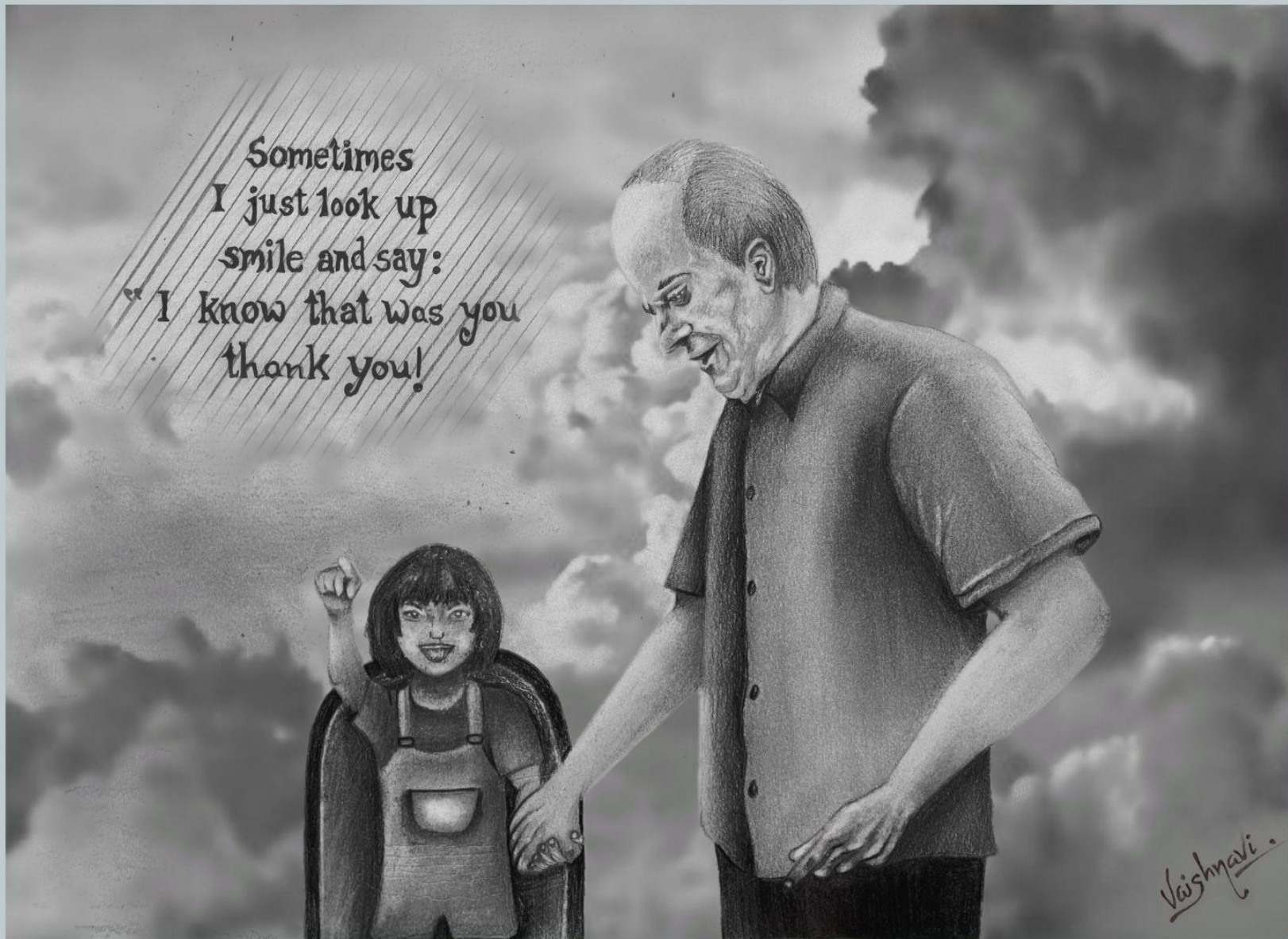
- By Aquila Menezes  
Second Year B. Pharm

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-By Sussane Dias  
First Year B.Pharm

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-By: Vaishnavi Shenvi Kerkar  
Second Year B.Pharm

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-By Ruchi Nayak  
Firsy Year B.Pharm

# Pharmaspark 2021



-By Smita Singh  
Second Year B.pharm

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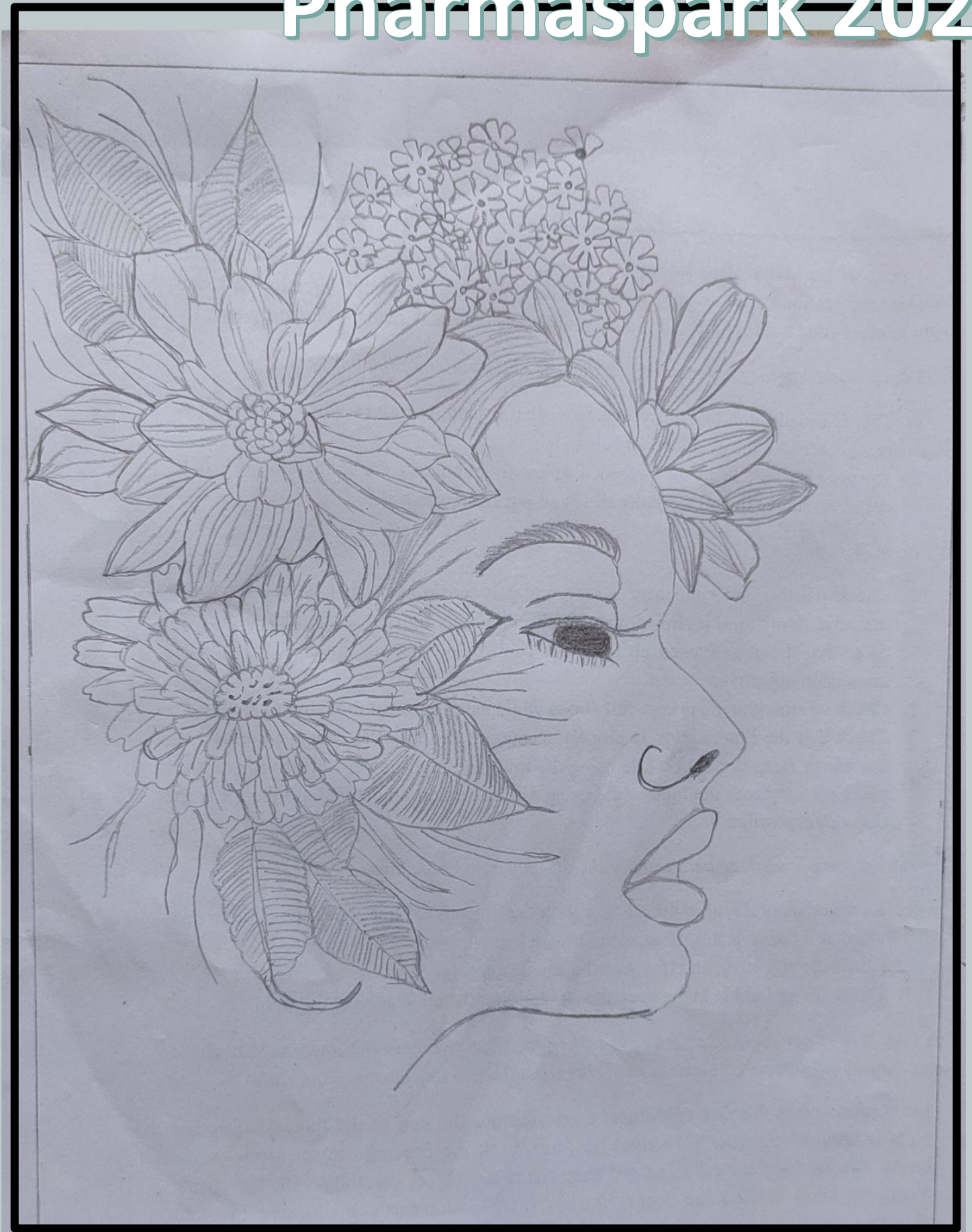
-By Nitikesh Bandekar  
First Year B.Pharm

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-By Ruchi Nayak  
Firsy Year B.Pharm

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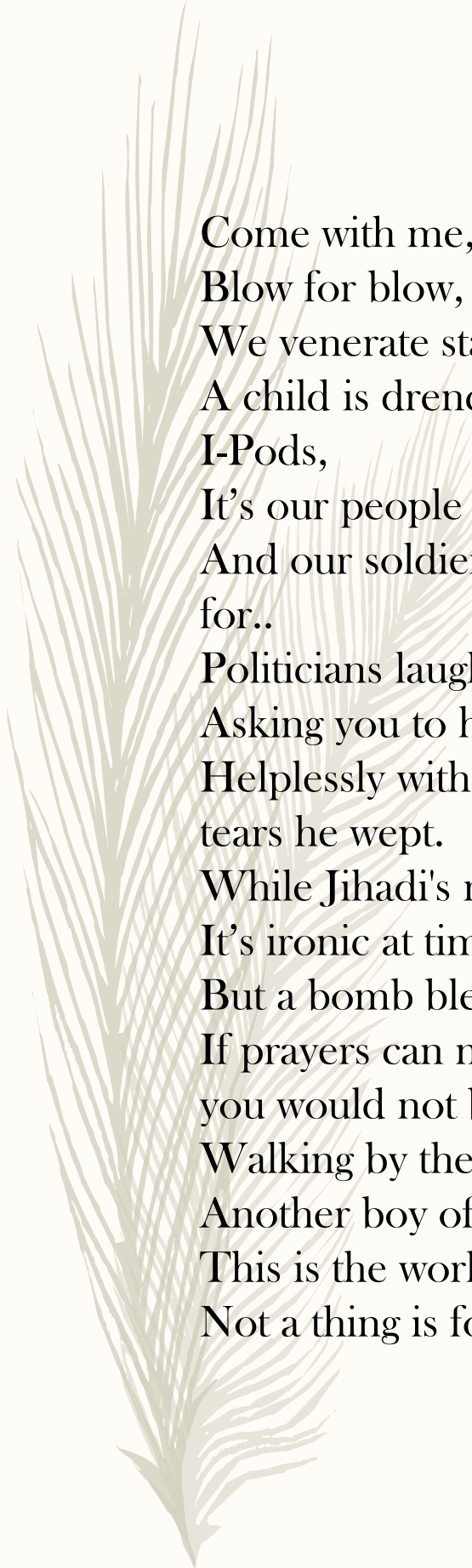


-By Veda Keni  
First Year B.Pharm



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## INHUMAN

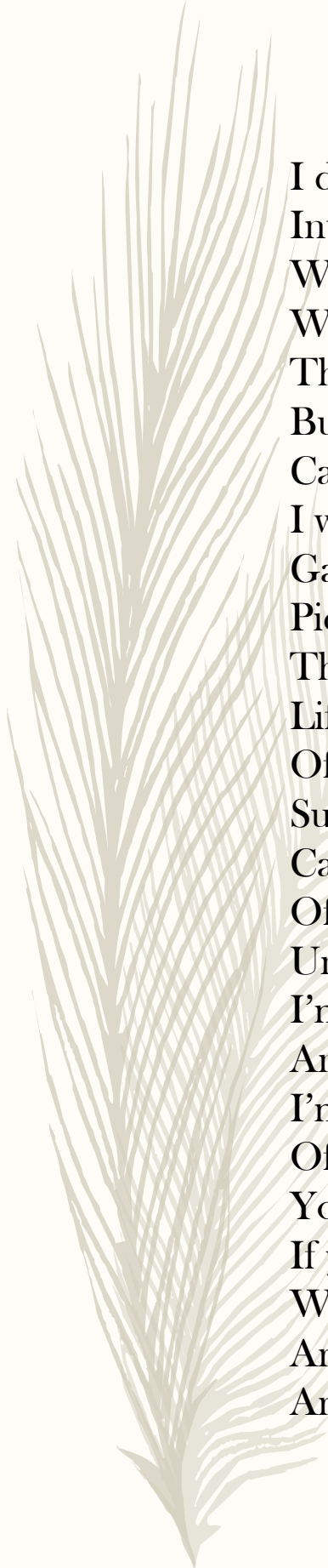


Come with me, I'll show you the world we currently live in..  
Blow for blow, blood for blood in what they believe in..  
We venerate statues and call them gods  
A child is drenched in tears for bread, regardless we wish for  
I-Pods,  
It's our people who suffer when our bloody leaders wage war.  
And our soldiers die, not knowing what they are defending  
for..  
Politicians laugh their way to the bank, cashing the cheques,  
Asking you to have compassion for dead and some respect.  
Helplessly with false promises father consoles his son for  
tears he wept.  
While Jihadi's rape innocent women to death.  
It's ironic at times like this you pray,  
But a bomb blew up the temple yesterday.  
If prayers can make wishes turn true, I would not be me and  
you would not be you,  
Walking by the road, a dreaded sight to see,  
Another boy of my age hanged under the tree.  
This is the world we currently live in,  
Not a thing is forgotten, not a thing is forgiven...

*-Sanjali Prabhu Dessai  
(S.Y. B.pharm)*

# Pharmaspark 2021

## SKYLAKE




I dream of carrying you away,  
Into the velvet sky,  
We would sail in the clouds,  
Watching the stars shooting by,  
These cold winds speak of a storm to come,  
But i don't mind,  
Cause in your arms you keep me warm.  
I wander all alone on the mountain heights,  
Gazing at the stars right above,  
Picturing all the moments in the coldest nights  
The days we were in love,  
Lifeless photos on the wall,  
Of us from busting shopping malls  
Suddenly come alive  
Candle lights and languid drives meant nothing more,  
Of the times we shared before,  
Until the day you said goodbye,  
I'm dreaming that you are right in the blue,  
And I'm there right beside you.  
I'm lost in a silent ballet,  
Of still photos and noisy arcades  
Your voice explodes at the back of my head.  
If you could've stayed  
We could go anywhere  
Are you there?  
Are you there??...

*-Sanjali Prabhu Dessai  
(S.Y. B.Pharm)*

# Pharmaspark 2021

## The Night Sky



Beauty comes in many forms  
to lighten up our day;  
Only when the twilight smiles  
and sends the sun away.  
The light is slowly fading from the sky;  
There is a steady hum of cars passing by.

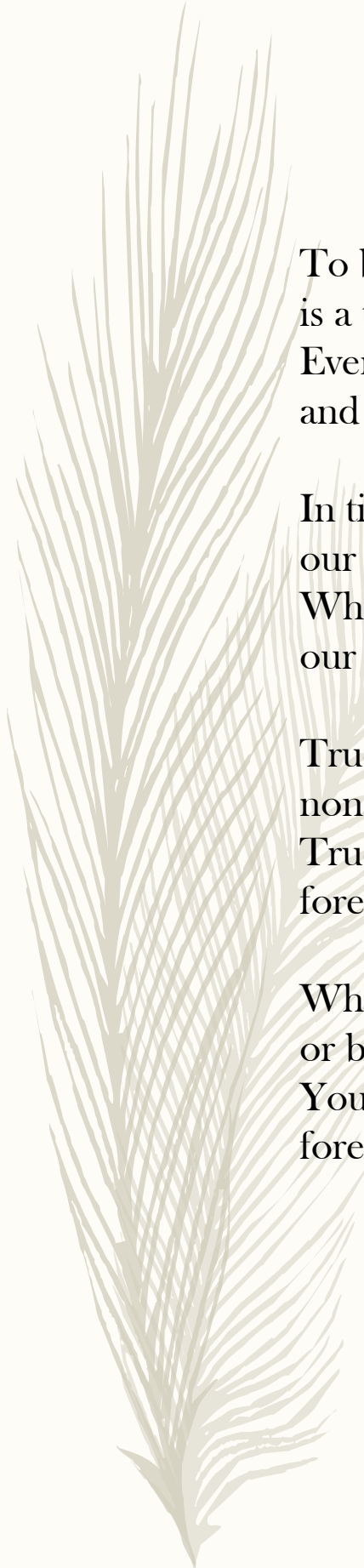
Now it wears another face,  
Diamonds flung;  
On a velvet case.  
The glowing stars and moon so white  
makes all your worries feel so light.

As I gaze,  
the night sky leaves me amazed,  
the sparkle in my eyes,  
has been erased.  
The shine of the twinkling stars galore,  
Makes me think, wanting to see some more.

*-Onaswi Mulvi  
(S.Y. B.Pharm)*

# Pharmaspark 2021

## FRIENDSHIP NEVER DIES



To be blessed with best of friends,  
is a true gift from God..  
Even having different backgrounds,  
and different sorts of odds.

In times of good and bad,  
our friendship bond will endure..  
Whether happy or sad, ups or downs,  
our friendship will be pure.

True friendship spans distance,  
none is too vast..  
True friendship spans time,  
forever it will last.

Whether living close together,  
or being far apart..  
Your friend will always be with you,  
forever in mind and within your heart.

*Osama A. Habeeb*  
(S.Y. B.Pharm )

# Pharmaspark 2021

## SEASON OF SUBMISSIONS

This is the season of submission,  
And getting to completions,  
With multiple dedications,  
This is the season of submissions.

If anything is left out,  
Adjust with negotiations,  
Ending an experiment with skills of 'thus/Hence' conclusions,  
This is the season of submissions.

Forgetting the eatables and getting to completion,  
How many are done?? How many are left??  
This is the season of submissions..

Files more prior to practicals, with date selection,  
Getting index signed,  
Moving out of the room sighing with satisfaction,  
This is the season of submissions..

Attendance problems and other personal things,  
Facing all of these with some justifications,  
Trying to save one's side with clarifications,  
This is the season of submissions.

Enjoy or suffer, it's up to you,  
Joyous can be the time if you neglect tense situations,  
And hurdle up with all the 'submissions',  
Such is the season of submissions...

*-Sanjali Prabhu Dessai  
(S. Y. B.Pharm)*

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## आज़ादी की जंग

आज तिरंगा लहरा रहा है अपने पूरे शान से  
हमे मिली आज़ादी वीर शहीदों के बलिदान से..

आज़ादी के लिए हमारी लम्बी चली लड़ाई थी  
लाखो लोगो ने जान की कीमत बड़ी चुकाई थी।।

व्यापारी बनकर आये और धोके से हम पर राज किया  
हमको आपस में लड़ाने की रणनीति अपनाई थी..

हमने अपना गौरव पाया, अपने स्वाभिमान से  
हमे मिली आज़ादी वीर शहीदों के बलिदान से ।।

गाँधी, सुभाष, तिलक, नेहरू का प्यारा ये देश है  
जियो और जीने का देता सबको सबक है..

लगी गुंजने दसो दिशाओ वीरो के यशगान  
हमे मिली आज़ादी वीर शहीदों के बलिदान से ।।

हमे हमारी मातृभूमि से इतना मिला दुलार है  
उसके आँचल की छाया से छोटा सा हमारा संसार है..

हम ना कभी अहिंसा के आगे अपना शीश झुकायेंगे  
सच पूछो तो पूरी दुनिया हमारा ही परिवार है..

विश्वशांति की चली हवाएं अपने हिंदुस्तान से  
हमे मिली आज़ादी वीर शहीदों के बलिदान से ।।

*Osama A. Habeeb*  
*(S.Y. B.Pharm)*

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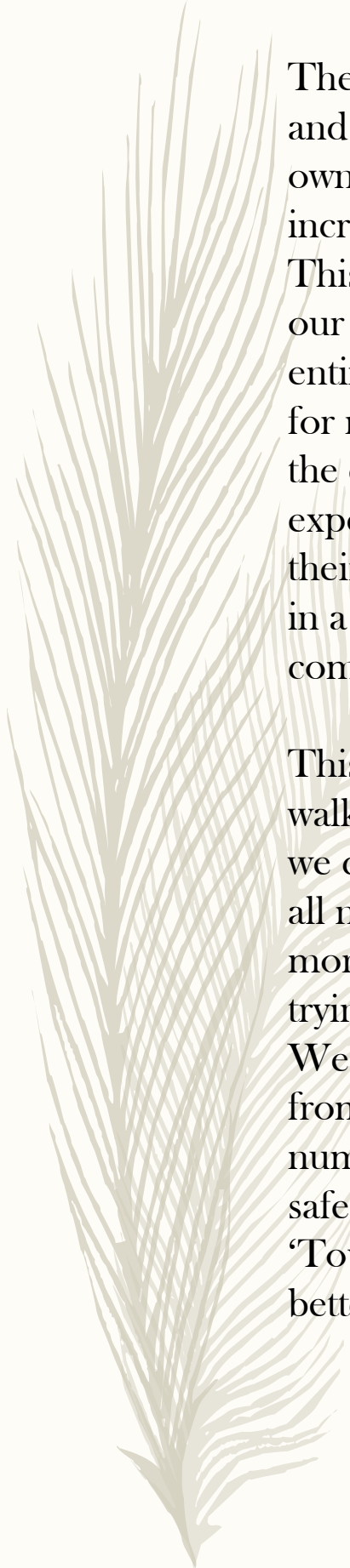
## Offline to Online Education : Boon or Bane

Just like a coin has two sides to it, everything in life comes along with its own set of boons and banes. Online and offline systems of education are no exception to this. Owing to the pandemic that occurred earlier this year, almost all of the services and activities of several educational institutions were momentarily suspended. It was a situation of crisis but the show still had to go on and not everything could be kept at a stand still. Therefore to ensure the safety of their staff and students the educational institutions were left with no other choice but to temporarily bid farewell to the traditional classroom teaching and switch to the online mode of teaching.

With the online mode of education, students and teachers no longer have to physically meet up and interact, decreasing the risk of infection from the corona virus. It also enables the students to learn concepts from the comfort of their homes. There is no longer a need for students to travel large distances in order to gain knowledge and hence they end up saving a whole lot of time, energy, money and fuel. With ample of time at their hands, they can develop a new skill that they have always been meaning to learn.

However there are certain limitations to the online mode of education. For instance not every student has proper internet connectivity at every given time of the day and hence they end up missing out on certain parts of a lecture or certain lectures altogether. Students are also gonna miss out on all the various co-curricular activities like college fests and various other events and miss on all the fun and socialising skills that come along with these events. Practicals do not feel the same anymore, performing them in person made the learning process so much more easier and enjoyable.

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The level of excitement on getting correct experimental readings and results after cautiously performing the experiment on our own is now just a distant memory . Our screen times have also increased to a large extent and may cause eye discomfort.

This offline to online transition has been especially difficult for our teachers as they too face connectivity issues at times. This entire online system of education was a completely new concept for most of them. They all had to go out of their way and take all the extra effort to make power point presentations, perform experiments and record them and devise methods to provide their students with quality study material. Our teachers have put in a lot of thought and action so that we do not have to compromise on our learning.

This whole shift from offline to online has not really been a cake walk for neither the teachers nor students however at this point, we cannot do much to help the situation around us therefore we all need to have a little patience, show a little compassion and be more empathetic towards each other, while we are all together, trying hard to battle the challenges thrown at us by this pandemic. We should be grateful to have the privilege of being able to learn from the comfort and safety of our homes and respect the numerous sacrifices made by the covid warriors to ensure our safety and well being.

‘Tough situations build strong people. Keep faith, things will get better.’

***-Simren Fernandes  
(S.Y. BPharm)***



# Pharmaspark 2021

## MAKING A DIFFERENCE

*How pharmacist played an important role in covid 19 pandemic.*

The coronavirus has caused a dramatic toll of deaths and imposed a severe burden both from social relationship and economic point of view. Covid-19 has challenged health systems, straining and overwhelming healthcare facilities including hospitals and community pharmacies. On the other hand, covid-19 has made several changes in our life styles, it made our life style easy. During the last decades, pharmacy has shifted from being product- based and patient- facing to being service- based and patient - centered. Providing a significant range of non - prescribing services. Moreover roles, duties and responsibilities of pharmacist have paralleled such historical changes and have been a gradual expansion incorporating new skills and reflecting new demands and challenges the covid-19 outbreak has brought new opportunities for pharmacist they indeed played a key role during the pandemic they have continued ensuring a stable supply of drugs and medicines establishing close supply contacts with pharmaceutical companies and manufactures when necessary and proving new medicines refill services, such as home pharmaceutical for the elderly immunosuppressed patients or those suffering from chronic - degenerative disorders or direct supply via community pharmacies. Guaranteeing continuity of care is indeed, extremely important during crises, especially in rural and underserved areas

- **By Mehza Dias**  
**(S.Y. B.Pharm)**

# Pharmaspark 2021

## COLLEGE MEMORIES

College is the place where we make memories that last forever !

Here's to my awesome college journey..

From entering into the college as a fresher and completing four years has been a wonderful journey .

In first year of Bpharm it was totally a new experience, learning different subjects understanding the course and making new friends.

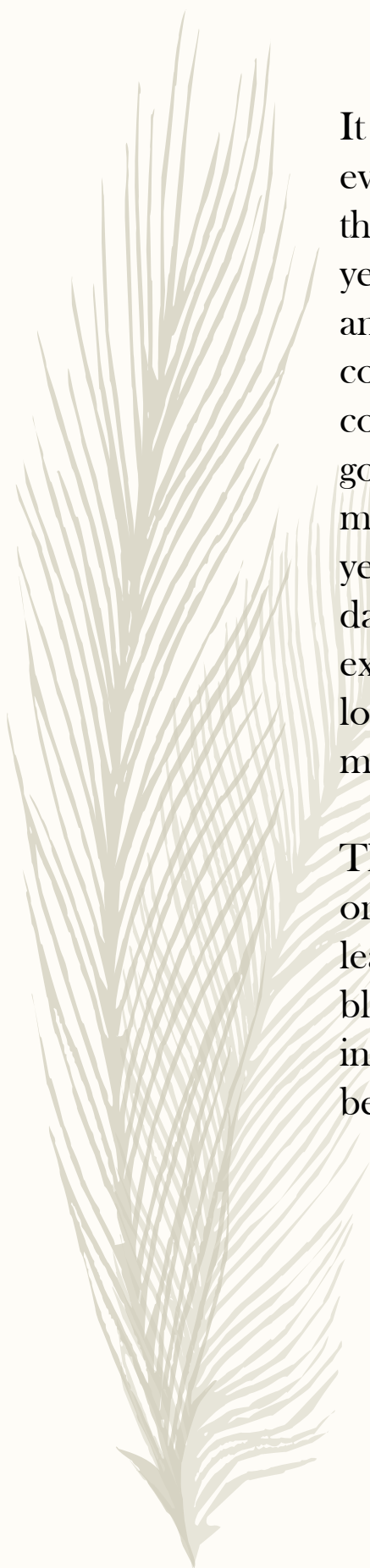
As time passed I got a bunch of amazing friends. As we learnt the subjects together we made memories. The most interesting part was practicals, lab scenes and ofcourse everyone's eagerness to run home early . One unforgettable practical in my life is the rat handling experiment in pharmacology lab. The kind of fear and scary scene happened in lab will remain forever as a memory to me.

I always enjoyed participating in college events. From the first year I involved myself in different college activities and it was a very good experience. All my seniors have been super cool in college . As we entered second year there was more of academics but it was fun.

Most importantly all the faculty members are very much helpful and understanding towards students. Studies wouldn't have been easy and enjoyable without their constant support. As we entered third year , I was selected as General Secretary of the student's council and the year was a roller coaster ride with lots of experiences and lots of memories. Then came the time I had responsibilities to organise events and other activities. It wouldn't have been possible without the support and enthusiasm from my friends, juniors and seniors.

Most importantly our Principal sir is the most humble and supportive person who always encouraged me to take a step forward on the right path .

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It has been a really great experience for us organising events and then came the pandemic covid-19 and sadly that was the last day of my college. As we completed third year and entered final year the pandemic continued and we have been attending classes online. I miss going to college attending classes , meeting my friends and of course bunking a few classes to roam around the campus , going for an outing. We are truly missing making memories during our final year by completing our final year without even sitting in final year classroom for a single day is the major missing...The last minute study before exams, hunt for the notes , practical hacks and then getting lost during viva rounds made college life even more memorable.

This college has given me a lot more than I can say . Not only I learnt academics but I also gained values like leadership skills, competitive spirit and being strong . I am blessed with some amazing mentors who have played an instrumental role in my life which will be important beyond these four years of college.

Srushti Choughule  
Fourth year Bpharm

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## Langhanam Param Aushadham

(Part-1)

This article is an expression of an amazing experience and knowledge that I gained regarding health. I realised that it was so precious, that it was definitely worth sharing. I have neither created nor discovered it myself and was just lucky enough to come across it. The knowledge revolves around the title of this article, which in Sanskrit means—Fasting is the best medicine.

Fasting is the practice of not consuming any solid food or even water and giving digestion a break. Its principles say that ‘we can never be freed from any disease, unless we fast’ and therefore every religion teaches us fasting. It may be in the form of Ramzan, the holy month of Easter or Ekadashi. In today’s era fasting is always associated with religion. It was primarily a religious practice because it was probably the best way to reach out to maximum people and make it a part of their lives. Also, another very important reason why fasting finds a special place in religion is because apart from the physical health benefits (clear glowing skin, sparkling eyes, enhanced flexibility, sharpened appetite, tons of extra energy, deep detox, optimal weight, etc.) it also purifies the mind and soul. Providing abundant mental clarity and stability which is very much useful in meditation and developing a much stronger connection with God. Also, it helps us to walk on the path of spirituality as it purifies the soul and helps in clearing out sins. But all of this may sound a little superstitious to a few of us and therefore let’s now focus on a more practical aspect of how fasting works and how it affects our physical body and quality of health.

We all know that if we get a cut and even if we don’t apply any medicine, it can heal on its own. Similarly, if a person gets a bone fracture, the doctor puts a plaster in order to keep the bones in place. The plaster doesn’t do any healing and the bones join on their own. Not only this, but our body does all the healing, repairing and curing job on a daily basis. This doctor sitting inside our bodies is none other than our own healing power—our Pran Shakti.

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Not just healing and repairing, but every activity of our body utilises this power. But there are certain activities which consume a little more power than the others. For example, digestion consumes 80% of this shakti while sleeping can recharge it. It's as if you charge your phone and start using it and then you realise that certain apps drain the power faster compared to others. This Pran Shakti is so much powerful that it can literally fight any disorder. It cannot distinguish between diabetes, hypertension or any other illness. For it, it's merely an imbalance or disruption of normal functioning which it tries to regain. But the most important thing to be remembered is that it can do only one thing effectively at a time—Healing or Digestion. Therefore, it becomes important for us to consciously give digestion a break and promote healing and this is where fasting comes into picture.

Out of all 3-4 meals that we have in a day, how many times are we actually hungry? This hunger refers to the genuine hunger wherein our stomach signals our brain to eat and not merely a craving. We all have experienced that guilt of hopping over something just because it's our favourite even when we were not actually hungry. People in olden days could easily digest more food faster because they mostly used to work in fields or used to walk a lot. But we, due to our sedentary lifestyles, are sitting most of the times and cannot digest so much. In fact, our bodies do not need so much food. But our problem is that, we keep eating most of the time. Even before the previous meal is fully digested, we put in the next meal and therefore, Pran Shakti is busy in full time digestion.

This can be understood better with an example. If we are cleaning our house and suddenly a guest drops in, then we would definitely stop cleaning and attend our guest. Similarly, for Pran Shakti food is like the guest. It stops the healing process and starts digesting food. Also, nature of the food that we consume has tremendous effect on this process. There would be some guests who would leave soon while some who would stay overnight. In the second case, we would definitely take longer to get back to our cleaning process. All the water-poor foods (grains, pulses, nuts) are those guests who stay overnight, that is, they take maximum time to get digested. Here, digestion means the complete process and not merely what happens in the stomach.

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Similarly, water-rich foods (fruits and vegetables) complete the process faster, thereby allowing Pran Shakti to return to its cleaning job. Higher the water content, faster and easier is the digestion process. Leaving fasting apart, no disease can thrive in a perfectly alkaline body and therefore it's best if 70% of the food that we consume is water-rich (alkaline in nature) and the remaining 30% water-poor (acidic in nature).

Now we know that if given a chance Pran Shakti can heal, but what is it actually? This healing process— its intensity and duration will depend upon the severity of the disorder. As we fast, Pran Shakti gets fully engrossed in the cleaning and repairing process, that is, it tries to throw out the garbage accumulated in our systems, eliminates out wastes and toxins by opening different channels like stool (resulting into diarrhoea), urine, sweat (fever), breath (cold and cough), mouth (vomiting). All these are referred to as the detox channels and the resulting symptoms as detox symptoms. But you may wonder that these are some of the most common symptoms and everyone of us have experienced them even without fasting. That is because sometimes Pran Shakti on its own feels the need to open some of these channels to get rid of waste. Therefore, it becomes very important for us not to take medicine and try to suppress these symptoms. These symptoms can actually be referred to as a happy disease. So next time if you face any of these symptoms, be happy that your body is getting rid of waste. No solid food or medicine, just ample amount of rest and water would suffice. These days, because of our fast-paced life, everyone wants to get rid of these symptoms as soon as possible and get back to work and therefore try suppressing it by just popping a pill or so. But don't forget that suppressing these symptoms would definitely be expressed as some major illness one day.

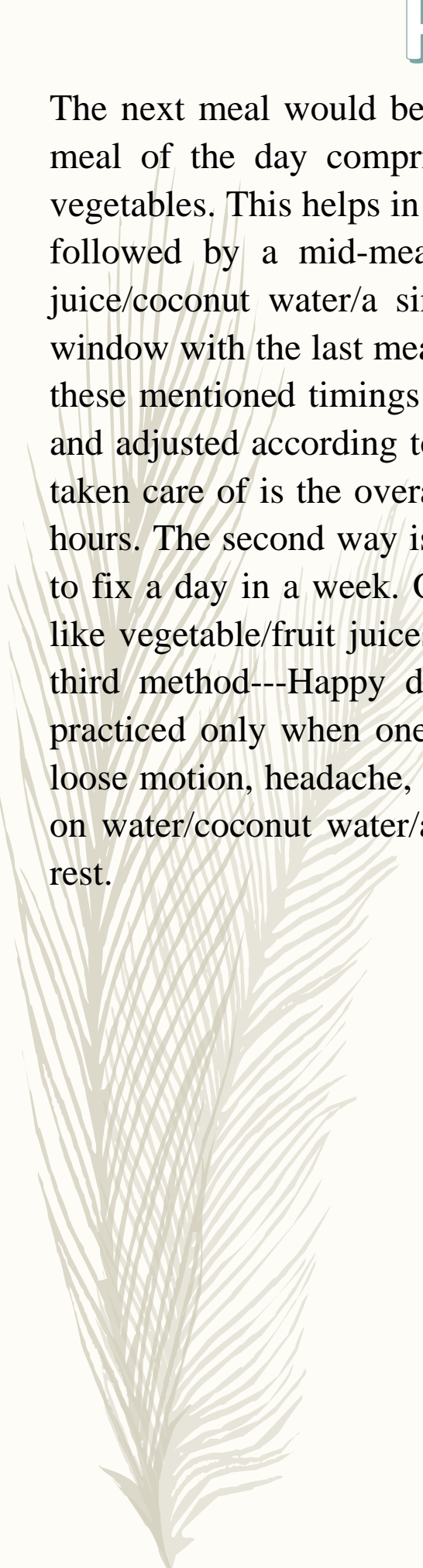
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Let us now understand the theory behind fasting. Our bodies comprise of 5 different elements: The first being the earth element (comprising of our solid body structure). We obtain this element by consuming of all the foods that are grown and nurtured by the earth. Second is the water element which contributes to the water content of each and every cell, urine, blood, saliva, etc. This is fulfilled by drinking water and eating water-rich foods. Third is the fire element (heat of the body). This is specifically referred to as 'jathar agni'- the fire in the stomach which digests our food. This element can be replenished by exposing ourselves to sunlight (sunbathing). Fourth one on the list is the air element (mainly comprised by the air in the lungs). This element is maintained as we breath in air and can further be taken care of through pranayama and deep breathing. And the final element is ether (Aakash) also referred to as the space element. It refers to the empty space where all other 4 elements reside. We can obtain and replenish this element only through fasting. It is the most subtle and the most powerful and potent element of all. We also need to understand that since our bodies are made up of all these 5 elements it becomes necessary for us to replenish them all. Afterall, a perfect balance between these 5 elements defines health. And therefore, fasting is equally important as eating food or drinking water.

Now in order to incorporate consumption of ether on daily basis just like food, it's important to make it a culture or a part of our daily life. The 3 best ways to accomplish this are: Intermittent fasting, Once-a-week fasting and a happy disease fasting. Intermittent fasting, also known as, 16-hour fasting is one of the best and perfect ways of maintaining a balance between eating and fasting, as the body gets at least a little time for healing every single day. Here, the person consumes the last meal of the day by 6-7 pm. This meal is recommended to be on a lighter side, comprising of salad/soup. By the end of 14 hours, the person is recommended to consume water and easily digestible liquids (pre-breakfast) like coconut water or vegetable juice but NOT fruit juice/tea/coffee/milk. Also, no solid food is permitted. The first solid meal would be only at the end of 16 hours i.e. by 10-11 am, comprising a bowl of fresh seasonal fruits (breakfast). It's best not to mix sweet and sour fruits at a time. Also, don't include more than 2-3 varieties.

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The next meal would be by 1 pm. It would be the first and the only grain meal of the day comprising of rice/chapati with double the quantity of vegetables. This helps in easier and faster digestion of grains. This would be followed by a mid-meal (optional) by 4 pm, comprising of any fresh juice/coconut water/a single fruit. And finally closing this 8-hour eating window with the last meal as mentioned previously. It's not compulsory that these mentioned timings should be followed strictly. They can be modified and adjusted according to ones' routine. But the most important thing to be taken care of is the overall meal plan within 8 hours and the non-eating 16 hours. The second way is by doing once-a-week fasting. Here, we just need to fix a day in a week. On that day, no solid food is allowed. Only liquids like vegetable/fruit juices, coconut water or simply water are allowed. The third method---Happy disease fasting as the name suggests needs to be practiced only when one experiences a happy disease. Cold, cough, fever, loose motion, headache, vomiting, etc. No medicines or solid food. Just fast on water/coconut water/ash gourd juice accompanied by ample amount of rest.





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(Part-2)

There are mainly 3 levels of fasting: The first level and the best one to start off is the basic level. It is the least intense form of fasting wherein one needs to consume any one type fruit/vegetable as a whole for every meal of the day. The second level which is a little more intense is the juice fast wherein no solid food is allowed. One needs to only drink water, coconut water or any fresh vegetable or fruit juice (without fibre). The third level is a water fast and is the most intense form. This is advanced fasting which only permits intake of water. It can also be done without water but would require prior experience and guidance. Fasting is not to be rushed into. It's a slow and gradual process and therefore, in order to inculcate it in our lives, it's important that we try and explore it step by step. Also, for someone who is fasting for the first time, it may be a little difficult process and the person may face headaches or symptoms of acidity. But one needs to understand that these symptoms are temporary and will disappear as the body gets used to it. In fact, after a fast, a person will experience a genuine sense of hunger and will enjoy even the simplest of food with great taste and satisfaction.

There are 6 additions to a fast. These additions are intended to increase the power and efficiency of fasting. To allow Pran Shakti to do even deeper cleaning. These may not be feasible to people on daily basis but are of great importance to people who want to detox or want to heal and recover from a particular illness with the aid of fasting. These additions include: Sunbathing (exposing the body to the mild morning/evening sunlight), enema (giving bath to the intestines in order to get rid of accumulated wastes and toxins), wet pack (for maintaining 2 different temperatures in the body at a time in order to increase blood circulation and thereby ensure circulation and effective elimination of toxins), pranayama (deeper-conscious breathing to ensure elimination of gaseous wastes), exercise (doesn't mean intense workout, but mild exercise for increased blood circulation and getting rid of wastes through sweat) and rest (refers to adequate sleep i.e. complete rest). Whenever a person fasts, it's best to include at least some of these into practice.

# Pharmaspark 2021

After the completion of the fasting period, it is extremely important to break the fast systematically. In fact, how you break the fast is more important than the fasting itself! And therefore, it becomes very important to know how to do it safely. During fasting all our organs are in rest-mode (not producing enzymes and other secretions) and just focusing on other jobs. If suddenly, food enters the system, it will create stress (load) on the system and confuse it such that it may not know what to do and try to expel it out without digesting it and this can be actually harmful to the body. Therefore, gradual breaking of the fast is very important. Time taken to break the fast should be equal to half the length of the fast. Like in case of 1-day fast, after the completion of 24 hours more 12 hours should be spent breaking it gradually. Also, how you break it will vary depending on the duration and the intensity of fast. For example: in a 3-day juice fast, the individual after consumption of only juices (without fibre) for 3 days, will break the fast by drinking a juice with fibre, followed by a mono-fruit and then gradually move to vegetables for the subsequent meals. The first grain meal would only be after the completion of 36 hours (1.5 day) of breaking the fast. This ensures that the fast was a complete success.

The mechanism of fasting has been extensively studied and experimented with to see how fasting can reverse type 2 diabetes, hypertension, arterial blocks, kidney and gall stones and many other chronic as well as lifestyle disorders. Also, it is evident that fasting can kill cancerous cells and therefore can be referred to as a process of cellular purification. Fasting is very effective in curing PCODs, cysts and fibroids, thyroid and other hormonal imbalances. Fasting helps in losing that extra fat around the belly. But fasting should always be intended for losing waste and not weight. This might sound odd but even underweight people are recommended to fast. Initially they might lose some weight, but will maintain equilibrium soon and will experience optimum weight. This gain in weight will be due to enhanced absorptive powers.

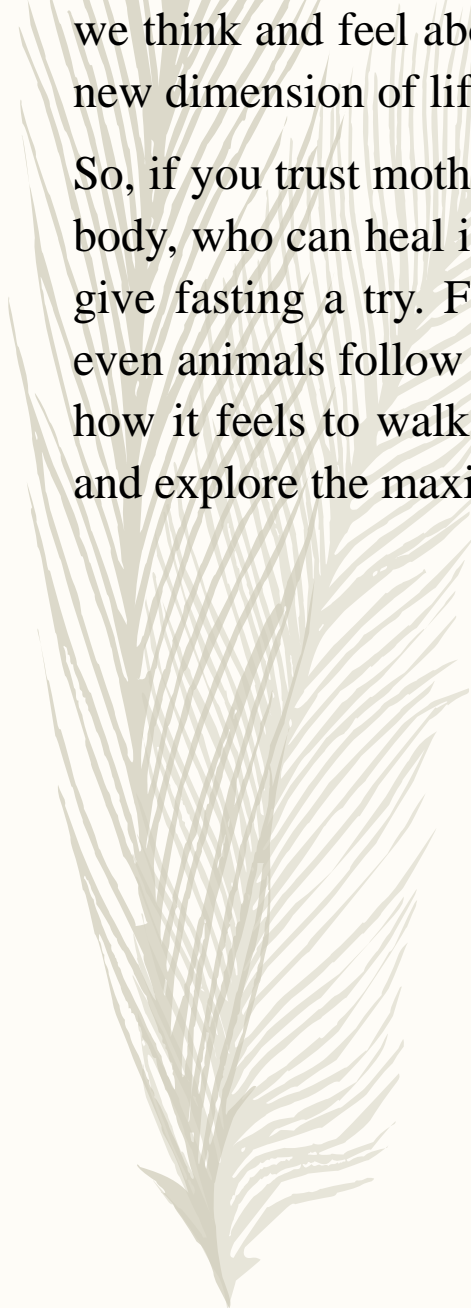
# Pharmaspark 2021

People who are trying to reverse a disease need a systematic planned approach towards fasting and it would be best to perform under guidance. Also, people of all ages can fast. It isn't recommended only for pregnant women. Also, let us understand that there is a thin line between fasting and the process of starvation and therefore, let's not relate the two. In order to practice fasting, one needn't suffer from any kind of serious disease or disorder. Even a healthy individual can perform it periodically. In fact, there is a need to introduce it in our lives because our bodies really need a little break from digestion. Fasting is really a wonderful process and each one of us should experience it's magic and just explore it. It can really change how we think and feel about food. It even has the potential of introducing us to a new dimension of life.

So, if you trust mother nature and her amazing creations, like one that of our body, who can heal itself when aligned with the laws of its creator, you must give fasting a try. Fasting is indeed one of the laws of mother nature and even animals follow it when they are sick. So, let us humans also experience how it feels to walk on this path of health, in turn helping ourselves to try and explore the maximum potential of living.

Ishika Kurade

Third Year B.Pharm



# Student Acheivements



***Miss. Prachita Gauns Dessai***  
***Second Year M.Pharm (Pharmaceutical  
Chemistry)***

For securing highest marks at M.Pharm  
examinations in all departments.

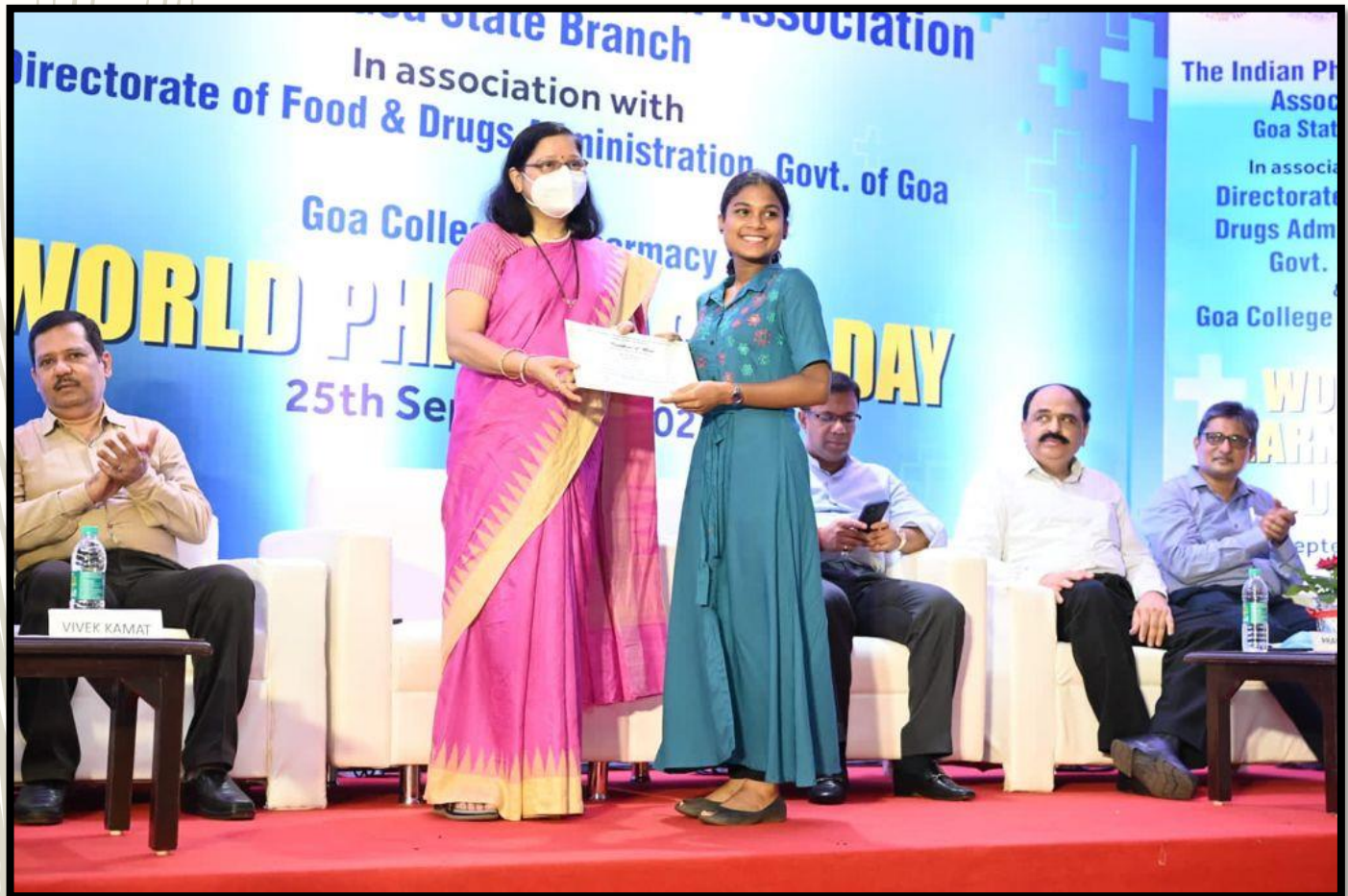
# Student Achievements



## *Miss. Sahili Sadanand Naik* *Fourth Year B.Pharm*

1. IPA Prize for securing Highest marks at Bpharm Examination.
2. IPA Prize for securing Highest marks in Pharmaceutics at Bpharm Examination.
3. Cadila Healthcare Ltd. Prize for securing Highest marks at Bpharm Examination
4. Cadila Healthcare Ltd. Prize for securing Highest marks in pharmaceutics at Bpharm Examination
5. Sarawatibai Ramchandra vaidya Prize for securing Highest marks at Bpharm Examination

# Student Acheivements



***Hrutika Datta Naik***  
***First Year B.Pharm***

*For scoring highest marks in Pharmaceutics*

# *Felicitation of Rank Holders by the Management of Ponda Education Society*



Miss Aishwarya Parvatkar secured first rank at M. Pharm. Pharmaceuticals examination with 79.0 %.



Miss Prachita Gauns Dessai secured first rank at M. Pharm. Pharmaceutical Chemistry examination with 81.29 %



Miss Sahili Naik secured first rank at the final year B. Pharm. Examination with 83.83 %



***Co-curricular and  
Extra Curricular  
Activities***



Western Regional Centre  
Association of Community Pharmacists of India  
(WRC-ACPI)

Organizes

A Webinar Series **“Caring Pharmacists”**

1<sup>st</sup> Webinar on

**“Community Pharmacists: The Backbone of  
Patient-Care system”**

By



**Shri. Mahesh Zagade**  
Former Commissioner, FDA  
Maharashtra



Follow this link  
/ QR code for  
Registration



<https://qr.go.page.link/tyJQ2>



Sunday,  
13<sup>th</sup> June 2021  
04.00 pm

**Patron**

Dr. Anantha Naik Nagappa  
President – ACPI, National

**Convener**

Dr. Rakesh Somani  
President WRC-ACPI

**Co-ordinator**

Dr. Shilpa Bhilegaonkar  
Goa state coordinator, WRC ACPI

**Organizing committee**

Dr. Rupesh Gautam | Dr. Rahul Garg | Dr. Moreshwar Patil | Mr. Sagar Kulkarni



**D Y PATIL**  
DEEMED TO BE  
UNIVERSITY  
SCHOOL OF  
PHARMACY  
NAVI MUMBAI



THE MET LEAGUE OF COLLEGES  
**MET**  
AS SHARP AS YOU CAN GET

Western Regional Centre  
Association of Community Pharmacists of India  
(WRC-ACPI)

Organizes

A Webinar Series **“Caring Pharmacists”**  
2<sup>nd</sup> Webinar on

**“Confronting the Realities of Community Pharmacy:  
The Unspoken Truths & Ways Ahead”**



**Prof. ASHISH BALDI**

Dept. of Pharmaceutical Sciences & Technology  
Dean Research & Development  
Maharaja Ranjit Singh Punjab Technical University,  
Bhatinda



**Saturday,**  
**26<sup>th</sup> June 2021**  
**05.00 pm**

Follow this Link/QR Code  
for Registration  
<http://tiny.cc/ACPI>



**Patron**

Dr. Anantha Naik Nagappa  
President – ACPI, National

**Convener**

Dr. Rakesh Somani  
President WRC-ACPI

**Co-ordinator**

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AS SHARP AS YOU CAN GET



**Ponda Education Society's  
Rajaram and Tarabai Bandekar College of Pharmacy**  
Farmagudi, Ponda - Goa

## **National Webinar**

# **YOGA A HEALTHY WAY OF LIVING**

**On 24th October 2020**

**Time: 10AM to 11.30 AM**

Organized By

**Physical Education Department and IQAC**

### **RESOURCE PERSON**



**Dr. MANMATH GHAROTE**  
DIRECTOR, LONAVALA YOGA INSTITUTE,  
LONAVALA, INDIA

### **Programme Committee**

#### **Patron**

Shri. Ritesh R. Naik

#### **Programme Advisor**

Dr.S.N.Mamle Desai

Principal

#### **Programme Coordinator**

**Mr.Swapnil S. Bhaip**

Director of Physical  
Education and Sports

**Ms. Suwarna Bobde**

IQAC Coordinator

**Ms Sarika Kerkar**

IT Officer

**E-Certificates will be given to  
all participants**



# Ponda Education Society's Rajaram And Tarabai Bandekar College of Pharmacy

(Approved by AICTE & PCI New Delhi, DTE Govt.)



## TAKE THE FIRST STEP TOWARDS BETTER HEALTH STEP IT UP INTO CHALLENGE

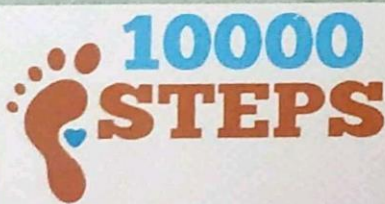
EACH DAY FOR 15 DAYS INCREASE YOUR STEP  
... WILL YOU BE THE FIRST TO BEAT?

ready step go!

THE DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS  
PRESENT'S

STEP UP INTO CHALLENGE FOR FACULTY MEMBERS AND STUDENTS

THE CHALLENGE BEGINS ON 1ST FEB AND ENDS ON 15th FEB 2021



START  
a CHANGE  
with a single STEP

### PROGRAMME ADVISOR

Dr.S.N. Mamle Desai  
Principal.

### EVENT COORDINATORS

Mr. Swapnil S. Bhaip  
College Director of Physical  
Education and Sports

Dr. Suvarna Bobde  
IQAC Coordinator

Ms Sarika Kerkar  
I.T. Officer

E-Certificate shall be provided to all the participants



Ponda Education Society's  
Rajaram and Tarabai Bandekar College of Pharmacy  
Farmagudi, Ponda - Goa

# CREATIONS 2021

*A Virtual Journey....*

## Video Making Competition



*Theme*  
**MY COLLEGE  
MY CAMPUS**

### *Important dates*

Last date for Registration: **20/06/2021**  
Last date for Submission of Video: **30/06/2021**

**Free Registration**

### **Evaluation**

Criteria I (Preliminary Screening): **01/07/2021 to 05/07/2021**  
Criteria II (Hits on Social Media) : **06/07/2021 to 10/07/2021**

Ponda Education Society's

# Rajaram and Tarabai Bandekar College of Pharmacy

Farmagudi, Ponda-Goa

Invites

Staff, Students, Alumni and Parents for  
virtual celebration of

**Friendship Day 2021**

## SELFIE WITH YOUR GREEN FRIEND

On Sunday 1<sup>st</sup> August 2021

**"A Tree Indeed is**

**A friend in Need"**



All are requested to plant a sapling,  
tie a friendship band and click a selfie

Selected **SELFIES** will be published in next edition of **PHARMASPARK**

*Don't Cut Our Best Friends*



For details contact

**Mr. Sandesh N Somnache**

Assistant Professor, Dept. of Pharmaceutics

**Dr. (Mrs.) Nilambari S. Gurav**

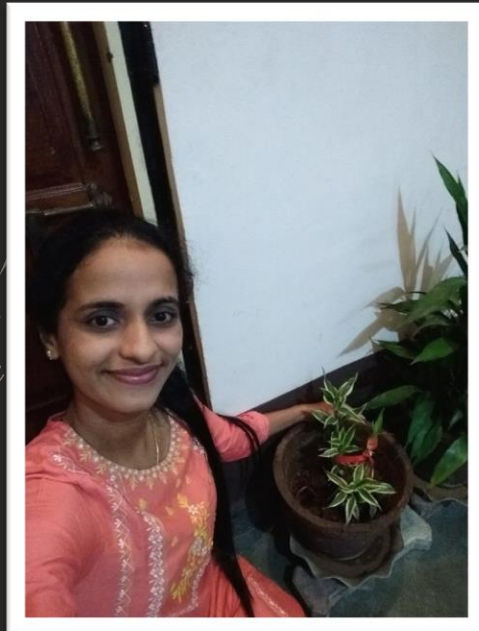
Assistant Professor, Dept. of Pharmacognosy

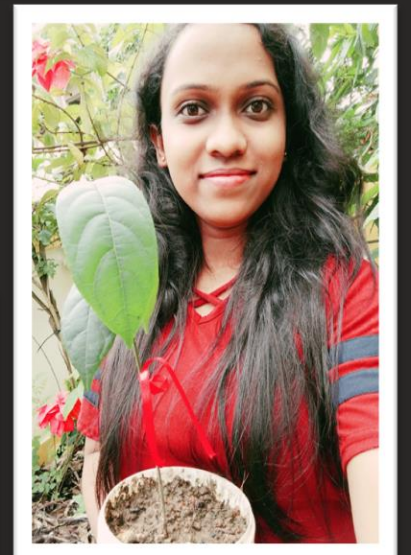
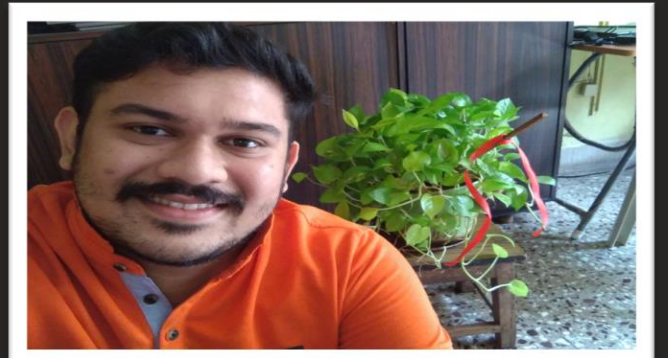
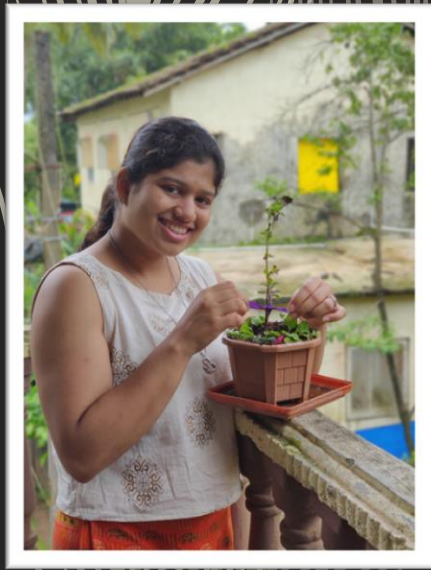
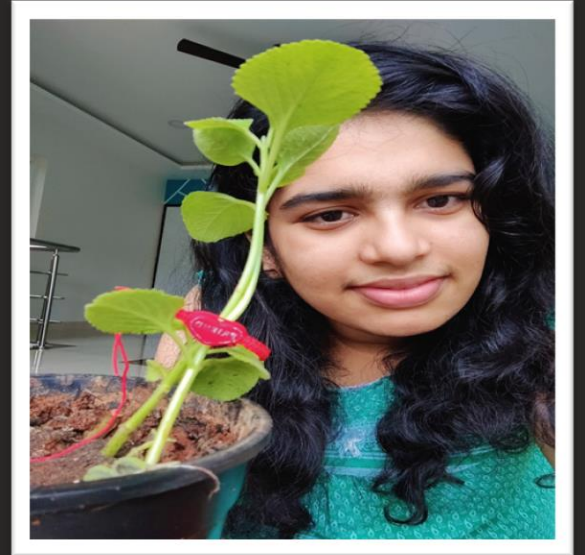
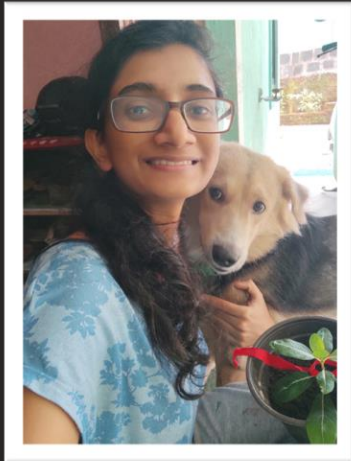
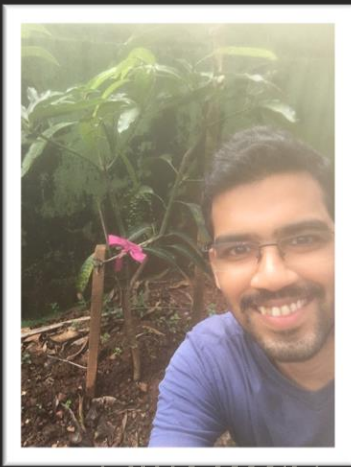
**Mrs. Arti S. Pednekar**

Assistant Professor, Dept. of Pharmaceutics

**Mrs. Prayangi V. Matonkar**

Librarian





To plant a garden is to believe in tomorrow 🌱







**P.E.S.'s Rajaram And Tarabai Bandekar College of  
Pharmacy , Farmagudi - Ponda , Goa**

**Celebrates -**

**WORLD PHARMACIST'S DAY, 2021**

**( Theme - "Pharmacy : Always Trusted For Your Health" )**

**With career guidance for Pharmacy students.....**

**Webinar in "V-Connect" series:**

**STRATEGY FOR GPAT & NIPER PREPARATION**

**Resource Person**



**Mr. Aakash Nathani**  
NIPER ALUMNUS



**25<sup>th</sup>  
September  
2021  
10.30am**

**Patron**

**Shri Ritesh Naik**  
Secretary,  
Ponda Education  
Society

**Program Advisor**

**Dr S. N Mamle Desai**  
Principal

**Link to join :**

**[Meet.google.com/ijs-qaeb-sty](https://meet.google.com/ijs-qaeb-sty)**

**Programme Co-ordinators:**

**Dr Shilpa Bhilegaonkar**   **Dr Suwarna Bobde**   **Ms Kamakshi Kuncolienkar**  
IQAC Member                      IQAC Coordinator                      Member



**Ponda Education Society's  
Rajaram And Tarabai Bandekar  
College of Pharmacy**

(Approved by AICTE & PCI New Delhi, DTE Govt.)



**PES's Rajaram and Tarabai Bandekar  
College of Pharmacy in association with  
DELNET- Developing Library Network  
organize National Webinar on**



*Developing Library Network*

**Network Resources & Services: Discovery  
Portal & Knowledge Gainer Portal**

**JANUARY. 25, 2021 | 3 PM TO 4 PM**



**REGISTRATION LINK:**

**<https://attendee.gotowebinar.com/register/9030474128616158991>**



**Coordinator:  
Mrs Prayangi V Matonkar  
College Librarian**



**Resource Person:  
Dr. Sangeeta Kaul  
Director  
DELNET- Developing  
Library Network  
JNU Campus, New Delhi**

No Registration fee. E certificates will be provided to all participants after feedback



# P.E.S.'S Rajaram and Tarabai Bandekar College of Pharmacy

Farmagudi, Ponda-Goa

## Webinar on "Understanding of Practice School"

### Resource Persons



**DR. K. VIJAY BHASKAR**

ASSOCIATE PROFESSOR  
DEPARTMENT OF PHARMACEUTICAL CHEMISTRY  
MANIPAL COLLEGE OF PHARMACEUTICAL  
SCIENCE, MANIPAL - KARNATAKA



**DR. GIRISH HAMPANNAVAR**

ASSISTANT PROFESSOR  
DEPARTMENT OF PHARMACEUTICAL CHEMISTRY  
K.L.E COLLEGE OF PHARMACY  
HUBLI-KARNATAKA

All the students of B. Pharm. Semester IV,  
Semester VI and faculty members are  
requested to join the webinar using google  
meet link.

**Programme Advisor**  
**Dr. S.N. Mamle Desai**  
Principal

**Programme Coordinator**  
**Dr. Suwarna Suresh Bobde**  
IQAC-Coordinator

**Programme Co-Coordinator**  
**Ms. Sarika Kerkar**      **Mr. Sandesh Somnache**  
I.T. Officer              Assistant Professor

### Schedule

**Date**

**Saturday**

**19th June 2021**

**Time**

**10.00am - 12.00noon**

Join on Google Meet

[meet.google.com/mvc-jdbw-gus](https://meet.google.com/mvc-jdbw-gus)

# **E-Essay Writing Competition** on occasion of ***WORLD STUDENTS DAY***

*First Place:* Srushti Chougule(Final year)

*Second Place:* Simren Fernandes(Second year)

*Third Place:* Ishika Kurade(Third year) and

Danielle D'costa(Second year)



# E-Poster Competition

## *WORLD OZONE DAY*

First Place: Shreya Patlekar (M.Pharm Semester I-  
Pharmaceutics)

Second Place: Drasti Patel(Second Year) and Siddhi Shet  
(M.Pharm Semester I-Pharmaceutical chemistry)

Third Place: Simren Fernandes(Second year) and Aloysia  
Cardoso (M.Pharm Semester I-Pharmaceutics)



# **E-Article competition** ***"SHE INSPIRES"***

In view of

## ***INTERNATIONAL WOMEN'S DAY***

*First Place*: Ishika Kurade (3<sup>rd</sup> year B.Pharm)

*Second Place* : Simren Fernandes (2<sup>nd</sup> year  
B.Pharm)

*Third Place*: Saidnya Gauns (1<sup>st</sup> year B.Pharm)



# Poster Making Competition

## ***WORLD YOUTH DAY***

First Place: Divya Naik (1<sup>st</sup> year B.Pharm)

Second Place: Siddhant Narvekar (1<sup>st</sup> year B.Pharm)

Third Place: Viruddhi Parab (1<sup>st</sup> year B.Pharm)



# YOGA DAY





*In association with  
Department of Forest, Government of Goa*

# **VANAMAHOTSAV 2021**

*A tree plantation drive  
16<sup>th</sup> June 2021.*



# VANMAHOTSAV



FIRST YEAR B.PHARM



SECOND YEAR B.PHARM



THIRD YEAR B.PHARM



FINAL YEAR B.PHARM





M.PHARM

